

University of Florida College of Pharmacy

ACADEMIC SUCCESS ACTION PLAN

NAME _____ UFID: _____ CAMPUS _____

The College of Pharmacy is committed to helping you reach your academic and career goals. This worksheet is designed to help you develop a plan for returning to good academic standing. Be honest with yourself about the commitment and effort you are willing to invest so that you can develop a plan that is achievable and workable for you.

Bring this completed Action Plan with you when you meet with your advisor.

Step 1: Identify the obstacles you encountered last semester.

In reviewing your academic performance, what obstacles negatively impacted your grades?

✓ **Check all** that apply and ✓✓ **double check the top 3** obstacles that impacted your academic grades.

ACADEMIC

Ineffective Study Skills

Undeveloped time management skills

Unprepared for exams

What worked as an undergraduate no longer works in pharmacy school

Hard time concentrating

Difficult subject matter

Conflict with professor

Unable to synthesize information

Skill Deficit: Math

Other

PERSONAL/OTHER

Financial Difficulties

Health Issues

Use/abuse of alcohol or other substances

Excessive time spent online

Personal relationships

Other

Other factors not listed above:

Failure is only postponed success as long as courage 'coaches' ambition. The habit of persistence is the habit of victory.

Herbert Kaufman

Step 2: Generate potential solutions for overcoming the obstacles you listed.

Use the matrix below to list the obstacles you faced last semester and three potential solutions for each obstacle.

Obstacle	Solution #1	Solution #2	Solution #3
1.			
2.			
3.			

Possible Solutions	
I will meet with my academic advisor on a regular basis	I will develop a time management plan that works for me
I will reach out to my Career Coach	I will utilize the UF Teaching Center
I will ask for help	I will arrive on campus at least 15 minutes before the start of class
I will get involved with fitness activities	I will seek financial guidance from the COP's Financial Aid Advisor
I will seek out psychological services to discuss my personal concerns and issues	I will set a study schedule for each class and follow it
I will make better choices regarding work, health, sleeping, and eating habits	I will study in a place that allows me to get my work done
I will make better choices regarding my use of free time, for example: online gaming and social networking, use/abuse of alcohol/drugs, etc.	I will seek out help from Rho Chi
	Other

Success is the result of perfection, hard work, learning from failure, loyalty and persistence.

Colin Powell

Step 3: Commit to workable and achievable solutions. List 2 of the most achievable solutions you are willing to try. How will it help? What are the sacrifices you will need to make?

Using the matrix below, list the three most achievable solutions you are willing to try, how these solutions may help you, and the sacrifices you will need to make to achieve your goals.

Solution	How will this solution help me?	What will this solution require of me in terms of time and effort?
1.		
2.		

Keeping a log of current activities can often help in determining ways to change behaviors. How many hours do you currently Study? _____

How many hours per week do you currently work? _____

How many hours per week do you dedicate to student organizations or athletic team work?

How many hours per week do you dedicate to family obligations (elder care, child care, etc.)?

Step 4: My Action Plan!

Write your most important goal down below. Using the solutions you generated, list the steps you will take to reach your goal and the date by which you will complete those steps. Use the **SMART** formula for achieving your goal.

S - Specific: Make your goal as specific as possible

Example: I will develop a time management plan that includes at least 12 hours per week of study time.

M - Measurable: Be sure that your goal is measurable

A - Attainable: Set goals that you can achieve

R - Realistic: Set goals that are realistic

T - Timely: Establish a timeline for reaching your goal

Energy and persistence conquer all things.

Benjamin Franklin

My TOP Goal: _____

The steps I will take to reach this goal:

- | | | | |
|----|-------|----------|------------------|
| 1. | _____ | by _____ | (PROJECTED DATE) |
| 2. | _____ | by _____ | (PROJECTED DATE) |
| 3. | _____ | by _____ | (PROJECTED DATE) |

Remember that with effort and persistence, you can return to good academic standing!
Keep the following in mind:

- 1. BE COMMITTED** to achieving academic success
- 2. UNDERSTAND** what academic probation means and what grades you'll need to earn to return to good academic standing
- 3. IDENTIFY** the problems that led to your poor grades
- 4. CONSIDER** all of your options - including cutting back on extracurricular activities and/or work.
- 5. ASSISTANCE IS AVAILABLE** please take advantage of the University's resources such as the Counseling and Wellness Center, the Teaching Center and the Disability Resource Center.
- 6. THINK POSITIVELY and WORK HARD! DON'T GIVE UP!**

I agree to the Action Plan described above

STUDENT NAME PRINTED

FACULTY NAME PRINTED

STUDENT SIGNATURE

FACULTY SIGNATURE

Patience, persistence and perspiration make an unbeatable combination for success.

Napoleon Hill