

Academic Success Worksheet

Academic Disqualification

College of Arts & Letters Academic Advisement Center
323.343.4015 | Music Building, Suite 209

Name: _____

Date: _____

CIN: _____

Overall GPA: _____

Phone: _____

CSULA GPA: _____

Email: _____

Major GPA (+upper division Major GPA - if applicable): _____

Major: _____

Semester on probation: _____

Obstacles to Success

The following questions are designed to help you identify specific obstacles that may have led to academic probation, please be honest in your answers.

Academic Obstacles

- Adjusting to a 15-unit course load
- Adjusting to college life
- Inadequate reading skills
- Inadequate writing skills
- Inadequate math skills
- Limited instructor contact
- Major entry requirements
- Poor academic advising
- Poor attendance
- Poor note taking skills
- Poor organizational skills
- Poor study habits
- Poor time management
- Test anxiety
- Unclear educational goals
- Other: _____

Personal Obstacles

- Anxiety or stress
- Childcare obstacles
- Disability
- Drug/alcohol dependency
- Extracurricular activities
- Family obligations
- Financial obstacles
- Health issues
- Housing or roommate issues
- Lack of motivation
- Loneliness/lack of support system
- Low self-esteem
- Relationship issues
- Social distractions
- Work schedule
- Other: _____

Identify 3-5 of your greatest obstacles to success and list specific actions you will take to overcome them.

Obstacle #1:

The following *specific* actions will help me overcome this obstacle

Obstacle #2:

The following *specific* actions will help me overcome this obstacle

Obstacle #3:

The following *specific* actions will help me overcome this obstacle

Obstacle #4:

The following *specific* actions will help me overcome this obstacle

Obstacle #5:

The following *specific* actions will help me overcome this obstacle

Personal Strengths

Students tend to focus on the obstacles that led to academic probation, however, dwelling on negative attributes can be defeating and impede your efforts in finding academic success. Below is a list of strengths and skills consistent with academic success. Take some time to reflect on your strengths and skills and select the ones with which you identify.

Achieving	Ambitious	Articulate	Assertive	Attentive	Bilingual	Committed
Compassionate	Confident	Conscientious	Cooperative	Creative	Critical Thinker	Dedicated
Dependable	Determined	Disciplined	Efficient	Encouraging	Energetic	Enthusiastic
Hardworking	Independent	Insightful	Intelligent	Intuitive	Knowledgeable	Logical
Motivated	Open minded	Optimistic	Objective	Organized	Patient	Persistent
Persuasive	Productive	Professional	Rational	Realistic	Resourceful	Self aware
Serious	Sincere	Skillful	Strong personality	Thoughtful	Tolerant	Truthful

Identify 3-5 of your strengths and explain how these can help you in your pursuit towards earning a degree and accomplishing personal goals.

Strength #1:

Strength #2:

Strength #3:

Strength #4:

Strength #5:

Creating Change

Identify 3 aspects you would like to improve on during the next semester and list at least 2 action steps for each.

I will improve on _____ by taking the following steps _____

I will improve on _____ by taking the following steps _____

I will improve on _____ by taking the following steps _____

Academic Probation/Disqualification Policy

Students are placed on academic probation at the end of a semester if either their grade point average at Cal State L.A. or their cumulative grade point average in all college work attempted falls below C (2.0). They are continued on academic probation until their Cal State L.A. and cumulative grade point average is 2.0 or higher or until they are disqualified in accordance with the regulations for academic disqualification.

Students already on probation or special probation whose Cal State L.A. or cumulative grade point average reaches the following levels are disqualified.

Class Level	Grade Point Average
Freshman (0-29 units completed)	<1.50
Sophomore (30-59 units completed)	<1.70
Junior (60-89 units completed)	<1.85
Senior (90+ units completed)	<1.95

Explanation of Undergraduate Course Grades

Grade Symbol	Explanation	Grade Points
A	Superior	4.0
A-	Outstanding	3.7
B+	Very Good	3.3
B	Good	3.0
B-	Better than Average	2.7
C+	Above Average	2.3
C	Average	2.0
C-	Below Average	1.7
D+	Weak	1.3
D	Poor	1.0
D-	Barely Passing	0.7
F	Nonattainment	0.0
IC	Incomplete Charged	0
WU	Withdrawal Unauthorized	0
CR	Credit	not applicable
NC	No Credit	not applicable
I	Incomplete Authorized	not applicable
RP	Report in Progress	not applicable
W	Withdrawal	not applicable
RD	Report Delayed	not applicable

Note: A grade of C- is a failing grade in all General Education Basic Subject (Block A) courses because a minimum C grade is required in all of these courses. A C- is also a failing grade if a student takes a course CR/NC or A, B, C, NC. In addition, a grade of C- is a failing grade in all courses in majors that require minimum C grades.

Helpful Resources

Education and Career Goals

Arts & Letters Academic Advisement	323.343.4015
Career Center	323.343.3237
Health Careers Advisement Office	323.343.6062

Learning Assistance and Tutoring

Writing Center	323.343.5350
Tutorial Center	323.343.3971
Testing Center	323.343.3160

Health: Physical and Mental

Student Health Center	323.343.3301
Fitness Center	323.343.3184
Xtreme Fitness (Yoga + Pilates)	323.343.7546
Office for Students with Disabilities	323.343.3140
Counseling and Psychological Services	323.343.3314

Financial Resources

Financial Aid	323.343.6260
Federal Credit Union	323.505.2600
Educational Opportunity Program	323.343.4367

Child Care

Childcare	323.343.2470
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Student Support

Housing Services	323.343.4800
Veterans Affairs Office	323.343.5080
Associated Students, Inc.	323.343.4778
First Year Experience	323.343.3184
Educational Participation in Communities	323.343.3380
University Student Union	323.343.2450
Center for Student Involvement	323.343.5110
Cross Cultural Center	323.343.5001
Asian Pacific Islander Student Center	323.343.5471
Chicana/o + Latina/o Student Center	323.343.5047
Gender and Sexuality Resource Center	323.343.3370
Pan African Student Resource Center	323.343.5131
Carpool + Bus/Metrolink passes	323.343.5277
Public Safety	323.343.3700

Crisis Hotlines

Sexual Assault	800.656.4673
Domestic Violence	800.978.3600
LA County Mental Health	800.854.7771
LA Gay and Lesbian Center	323.993.7500
24 Hour Substance Abuse Hotline	800.334.0394
Alcoholic Anonymous of Los Angeles	323.936.4343
Narcotics Anonymous of Southern CA	800.863.2962