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MASS ACADEMY ACADEMIC SUCCESS PLAN

Your teachers at Mass Academy are committed to helping you reach your academic goals.

This worksheet is designed to help you develop a plan for improving your 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.

Student Name: _____ Faculty Advisor _____

Step 1: Identify the obstacles you encountered last term.

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

Check all that apply and circle the top 3 obstacles that impacted your academic grades.

Ineffective Study skills

Underdeveloped time management skills

Health problems

Unprepared for exams

Sleep issues

Procrastination

Hard to concentrate/daydreaming

Difficult classes/not prepared for course level

Difficulty sleeping at night

Late/missing homework/assignments

Not seeking extra help with teacher

Pressure, stress, anxiety or tension

Excessive time spent online

Poor Reading/Writing Skills

Problem understanding technology

Problem utilizing technology

Long term projects

Collaboration

Presentation skills

Using technology tools like Canvas/Mathematica

Unable to understand course content or find important information

What worked at my sending high school doesn't work anymore

Other factors not listed above: _____

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

Use the template below to list the obstacles you faced last term and a potential solution for each obstacle.

Obstacle #1

Solution #1

Obstacle#2

Solution #2

Obstacle #3

Solution #3

Sample Possible Solutions

I will meet with my teacher (s) to discuss my classwork and develop a plan for success

I will make better choices regarding my health, sleeping and eating habits

I will develop a time management plan that works for me

I will make better choices regarding my use of free time, for example: online gaming and social networking, re-evaluate my extracurricular commitments, etc.

I will go to class prepared

I will ask my teacher for help if I am having difficulty in a course

I will seek out Mrs. Post, Mr. Barney or a teacher to discuss my personal concerns and issues

I will set a study schedule for each class and follow it

I will study in a place that allows me to get my work done

I will attend tutoring sessions

I will focus in class

I will avail myself of extra credit opportunities

I will collaborate with other students to get help after school

Step 3: Commit to workable and achievable solutions

Step 4: Develop your plan of action!

Write your most important goal (s) down below. Using the solutions you generated, list the steps you will take to reach each goal and the date by which you will complete those steps. Use the SMART formula for achieving your goal. **LIMIT GOALS TO NO MORE THAN THREE!!**

S - Specific: Make your goal as specific as possible

Example: I will meet with Mr. Regele once per week during advisory

M - Measureable: Be sure that your goal is measurable

Example: I will participate twice daily in language class

A - Attainable: Set goals that you can achieve

Example: I will turn in all STEM updates by the due dates

R - Realistic: Set goals that are realistic

Example: I can realistically meet with each teacher twice in a term.

T - Timely: Establish a timeline for reaching your goal

Example: I can achieve my goal by the end of the term.

My TOP Goal: _____

The steps I will take to reach this goal:

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

My SECOND Goal: _____

The steps I will take to reach this goal:

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

My THIRD Goal: _____

The steps I will take to reach this goal:

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

Other steps/notes: _____

Step 5: 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** that academic success is achievable
3. **IDENTIFY** the problems that led to your poor grades
4. **CONSIDER** all of your options - including seeking extra help, cutting back on extracurricular activities, and improving time management and efficient use of time.
5. **KNOW** the due dates of all assignments
6. **LET OTHERS ASSIST YOU** and take advantage of extra help offered by teachers and students. Your guidance counselor and the Director are excellent resource people as well.
7. **THINK POSITIVELY and WORK HARD! DON'T GIVE UP!**

Student Signature _____ Date _____

Parent Signature _____ Date _____

Advisor Signature _____ Date _____

Every worthwhile accomplishment, big or little, has its stages of drudgery and triumph: a beginning, a struggle, and a victory.

- *Mahatma Gandhi*

Notes: This worksheet was adapted from a student success worksheet at Clemson University.