COLLEGE OF NATURAL RESOURCES AND ENVIRONMENT
Self-Assessment and Action Plan

Instructions for completing form electronically: Download form to your computer. Complete form and save as “lastname_CNRE”. Send the completed form, as an attachment, to your advisor. Your email will serve as your signature.

Name: ___________________________ E-mail: ___________________________
Phone: ___________________________
Major: ___________________________ Advisor: ___________________________
Cum. GPA: _________________________ Academic standing: ___________________________

To obtain a cumulative GPA of 2.0 at the end of the semester, I need a term GPA of: (Use the Term Grade Point Average (GPA) Calculator in HokieSpa to help calculate) __________

Class standing: □ Freshman □ Sophomore □ Junior □ Senior
Do you receive Financial Aid? □ Yes □ No
Do you currently work or plan to work? □ Yes □ No How many hrs/week? _____
Do you participate in any co-curricular activities? □ Yes □ No How many hrs/week? _____

Please submit to the appropriate advisor as an email attachment:

Sustainable Biomaterials or Packaging: Dana McGuire (danamcg@vt.edu)
Natural Resources Undecided: Stephanie Hart (slang@vt.edu)
Fish or Wildlife: Lauren Varboncoeur (lvarboncoeur@vt.edu)
Geography or Meteorology: Maureen Deisinger (mdeising@vt.edu)
Forestry, Natural Resources Conservation, Environmental Resource Management, Environmental Informatics, or Water: Julie Burger (jcburger@vt.edu)

Invent the Future

VIRGINIA POLYTECHNIC INSTITUTE AND STATE UNIVERSITY
An equal opportunity, affirmative action institution
SELF ASSESSMENT

Directions: Complete this list by checking each item that, in general, impacts your success. Mark factors that positively impact you with a plus (+) and those that negatively impact you with a minus (-).

Goals and Direction

_____ Knowing interests/Deciding on major
_____ Having clear career goals
_____ Present major

____ Overall motivation
_____ Wanting to be in college
_____ Choosing Virginia Tech as my University

Time Management and Organization Skills

_____ Managing my time
_____ Use a planner to record academic and non-academic commitments
_____ Procrastinate on course assignments, test preparation, etc.
_____ Time spent on leisure/personal activities
_____ Time spent on low priority activities

Other:

Did you use a daily planner or other type of time management tool last semester? ☐ Yes ☐ No

Were you able to stay organized and use your time effectively using this planner/tool? ☐ Yes ☐ No

Academic Concerns

_____ General study skills
_____ Following a study plan
_____ Using a designated study area
_____ Understanding textbook readings
_____ Time spent on reading assignments
_____ Preparation before class
_____ In-class note-taking skills

_____ Class participation engagement
_____ Test preparation
_____ Test taking or test anxiety issues
_____ Study but cannot pass tests
_____ Attitude toward class and/or professor
_____ Meeting with professor or TAs for help

Other:

Class Attendance: Please indicate your overall pattern of class attendance during the most recent semester:

☐ 90-100% ☐ 75-89% ☐ 50-74% ☐ 25-49% ☐ Less than 25%

Did your attendance vary depending on what time it was, how you were doing, if you liked it, etc.? ☐ Yes ☐ No

Personal Concerns

_____ Physical illness or injury
_____ Financial circumstances
_____ Dating or other relationship concerns
_____ Housing, roommate concerns
_____ Social connection on campus
_____ Homesickness
_____ Amount and quality of sleep

_____ Family communication
_____ Family commitments and responsibilities
_____ Use of alcohol or other substance abuse
_____ Stress and/or Anxiety Levels
_____ Spiritual concerns
_____ Feelings and Emotions
_____ Diversity concerns
<table>
<thead>
<tr>
<th>Resources</th>
<th>ACADEMIC RESOURCES</th>
<th>HEALTH AND WELLNESS</th>
<th>OTHER RESOURCES</th>
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<tbody>
<tr>
<td><strong>Professor/TA</strong></td>
<td>Newman Library</td>
<td>Cook Counseling Center</td>
<td>Dean of Students Office</td>
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<td></td>
<td>540-231-6170</td>
<td>Main Office:</td>
<td>109 E. Eggleston Hall</td>
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<tr>
<td><strong>The Student Success Center (SSC)</strong></td>
<td><a href="http://www.studentsuccess.vt.edu/index.html">http://www.studentsuccess.vt.edu/index.html</a></td>
<td>240 McComas Hall</td>
<td>540-231-4035</td>
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<td>110 Femoyer Hall</td>
<td>540-231-6557</td>
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<tr>
<td><strong>The Writing Center</strong></td>
<td>The Writing Center</td>
<td>Hokie Wellness</td>
<td>SOAR (Student Opportunities Achievement Resources Program)</td>
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<td></td>
<td>Newman Library</td>
<td>195 McComas Hall</td>
<td>SOAR House</td>
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<td>540-231-5436</td>
<td>540-231-2233</td>
<td>207 W. Roanoke St.</td>
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<td><strong>The CommLab</strong></td>
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<td>Women’s Center</td>
<td>Cranwell International Center</td>
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<td></td>
<td>101A Newman Library</td>
<td>206 Washington Street</td>
<td>Harper Hall, Suite 1015</td>
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<td>email: <a href="mailto:commlab@vt.edu">commlab@vt.edu</a></td>
<td>540-231-7806</td>
<td>540-231-6527</td>
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<td><strong>Services for Students with Disabilities</strong></td>
<td><a href="http://www.ssd.vt.edu/">http://www.ssd.vt.edu/</a></td>
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<td>Career and Professional Development</td>
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<td></td>
<td>310 Lavery Hall</td>
<td></td>
<td><a href="http://www.career.vt.edu">http://www.career.vt.edu</a></td>
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<td>540-231-1740 (TTY)</td>
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<td>Smith Career Center</td>
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<td>540-231-6241</td>
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<td><strong>The Office of Univ. Scholarships and Financial Aid</strong></td>
<td><a href="http://www.finaid.vt.edu/about/index.html">http://www.finaid.vt.edu/about/index.html</a></td>
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<td>Student Services Building, Suite 200</td>
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<td>540-231-5179</td>
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ACTION PLAN

Keeping in mind the main factors you marked on the previous page, develop your Semester Goals and Action Plan on page 4. Goals should be “SMART”:

Specific
Measureable
Attainable
Relevant
Timely

Identity campus resource(s) from the list below that you can use to make improvements. Finally, describe potential obstacles and strategies to overcome them in order to prevent these obstacles from affecting your academics in the future.

Example
Goal: Improve my writing skills by the conclusion of the spring semester.
How I will achieve this: I will schedule 10 hours a week to focus on my English class.
Obstacles I may face: Difficulty understanding the writing prompt; procrastination when it’s time to start a paper.
Strategies for overcoming obstacles: I will attend a workshop on ways to overcome procrastination through the Student Success Center. I will meet with my ENGL 1106 instructor for extra help and submit any opportunity for re-writes.

Semester Goals and Action Plan
Use this chart to develop three goals that relate to your success in the upcoming semester. Decide what you need to do to accomplish each goal by creating an action plan. As a final step, think about the challenges or obstacles you might encounter that would interfere or prevent you from accomplishing your goals and decide how you can overcome the obstacle(s).

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<tr>
<th>Goal #1:</th>
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<tr>
<td>How I will achieve this:</td>
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<td>Obstacles I may face:</td>
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<td>Strategies for overcoming obstacles:</td>
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<td>Goal #2:</td>
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<tr>
<td>How I will achieve this:</td>
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<td>Obstacles I may face:</td>
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<td>Strategies for overcoming obstacles:</td>
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<tr>
<th>Goal #3:</th>
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<tr>
<td>How I will achieve this:</td>
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<tr>
<td>Obstacles I may face:</td>
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<tr>
<td>Strategies for overcoming obstacles:</td>
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ACADEMIC ELIGIBILITY POLICY

Continued enrollment at Virginia Tech is a privilege that is granted as long as the student is making satisfactory progress toward a degree, maintenance of the required minimum Grade Point Average (GPA), and compliance with all regulations stipulated in the University Policies on Student Life. The following is a summary of the Academic Eligibility Policy; the policy in its entirety can be found here: http://www.undergradcatalog.registrar.vt.edu/1718/academic-policies.html#2

The minimum standard for good standing is eligibility to enroll. The required minimum grade point average is 2.00. Students on academic probation and warning are eligible for continued enrollment and good standing (absent any violations of regulations stipulated in the University Policies on Student Life).

**Academic Warning:** Students earning less than a 2.0 term GPA, but with a cumulative grade point average of 2.0 or higher, will be placed on academic warning without notation on the academic transcript. Students on academic warning will be required to consult with the appropriate undergraduate assistant or associate dean of their college and to sign an academic contract. Failure to complete an action plan (academic contract) may result in prohibition from future enrollment(s).

**Academic probation** is imposed when the cumulative GPA is less than 2.00; academic probation is lifted when cumulative GPA is at least 2.00. Academic performance will be reviewed at the end of each regular semester (fall and spring).

A student on **probation:**

1. may take no more than 16 credits per semester;
2. may be required (at the discretion of individual colleges) to consult with an advisor before beginning a probationary semester, and to sign an academic contract acknowledging his/her performance is not meeting university standards and stating what actions she/he is committed to taking to improve performance.

**First suspension** will be imposed whenever one of the following occurs:

1. A student on academic probation has a cumulative GPA less than 2.00 for the first 2 semesters (fall, spring) of enrollment; or
2. A student has 2 consecutive semesters thereafter with a cumulative GPA below 2.00.

**First Suspension (Fall):** A student who is placed on first academic suspension at the end of fall semester will be suspended from continued enrollment through the end of the following spring semester. **Note:** Students placed on first academic suspension at the end of fall semester are eligible to return the subsequent first summer, second summer, or fall semester.

**First Suspension (Spring):** A student who is placed on first academic suspension at the end of spring semester will be suspended from continued enrollment through the end of the following fall semester. **Note:** Students placed on first academic suspension at the end of spring semester may NOT enroll in the immediately following summer session.

A student must earn a minimum 2.00 semester GPA the first semester back and raise the cumulative GPA to at least 2.00 by the end of the second semester back or earn a 2.50 GPA for every semester following the suspension until cumulative GPA is 2.00 or greater. A student will be placed on **second academic suspension** for failure to meet returning performance requirements.

**Second Suspension (Fall):** A student who is placed on second academic suspension at the end of fall semester will be suspended from continued enrollment through the end of the following fall semester. **Note:** Students placed on
second academic suspension at the end of fall semester may NOT enroll in the immediately following summer session.

**Second Suspension (Spring):** A student who is placed on second academic suspension at the end of spring semester will be suspended from continued enrollment through the end of the following spring semester. **Note:** students placed on second academic suspension at the end of spring semester may NOT enroll in the immediately following summer session. The same returning performance requirements apply for second suspension as for first suspension.

**Final Suspension:** A student will be permanently dismissed for failure to meet returning performance requirements after a second academic suspension.

**Acknowledgement**

- I have received, read and understand Virginia Tech’s Academic Eligibility Policy.
- I understand that if I do not improve my standing I could be suspended.
- I will complete the Corrective Action Plans to the best of my abilities as outlined above.
- I agree to attend a meeting with a member of the advising staff.

Type your name on the line below to indicate your acknowledgement of the above policies.

_________________________  ______________
Student’s signature          Date

Please submit to the appropriate advisor as an email attachment:

**Sustainable Biomaterials or Packaging:** Dana McGuire (danamcg@vt.edu)

**Natural Resources Undecided:** Stephanie Hart (slang@vt.edu)

**Fish or Wildlife:** Lauren Varboncoeur (lvarboncoeur@vt.edu)

**Geography or Meteorology:** Maureen Deisinger (mdeising@vt.edu)

**Forestry, Natural Resources Conservation, Environmental Resource Management, Environmental Informatics, or Water:** Julie Burger (jcburger@vt.edu)