Your ACE Academic Plan

By creating your Academic Plan, you will map out what it will take for YOU to be a successful student and your specific plans for getting there.

Your Academic Plan Involves:

☐ Determining why you are in college, your experience with academics, and the resources available to you;
☐ Determining your academic strengths and areas of improvement;
☐ Taking the Learning and Study Strategies Inventory (LASSI);
☐ Discussing your LASSI results with an ACE Academic Success Coach;
☐ Developing a plan for meeting with your Academic Advisor;
☐ Developing a plan for meeting with each of your professors; and
☐ Developing concrete goals related to your academic success at USC

Student Agreement:
I agree to use the strategies I have mapped out in my Academic Plan. I have a clear understanding of what I need to do to be academically successful at the University of South Carolina. If I have any questions or need further assistance, I will be sure to follow-up with my ACE Coach.

Student Signature: ___________________________ Date: ______________

Student Printed Name: ___________________________

ACE Coach Signature: ___________________________ Date: ______________

ACE Coach Printed Name: ___________________________

Returning Appts:  Session 2: ___________  Session 3: ___________  Other: ___________

ACE Coach Initials: ___________________________
About Me

Phone: ___________________ Email: ___________________ VIP ID: ______________

Gender:  □ Male  □ Female  Current Major: ______________________

Russell House Box # ______________ Year at USC : □ Fr □ So □ Jr □ Sr □ Other _____

Which of the following do you have?  □ Scholarships □ Financial Aid □ Neither □ Both
Have you met with your Academic Advisor?  □ Yes □ No
Have you changed majors?  □ Yes □ No
Are you a transfer student?  □ Yes □ No
Are you a veteran?  □ Yes □ No
Are you the first person in your family to attend college?  □ Yes □ No
Are you living on campus?  □ Yes □ No

Difficulties Experienced / Concerns: [Check all that apply]

□ Academically Under-prepared  □ Over Involvement in Activities
□ Alcohol □ Poor Time Management Skills
□ Drugs □ Relationship Problems
□ Changing Major □ Roommate Problems
□ Difficulties w/ Professor □ Took Too Many Credit Hours
□ Failed to Attend Class □ Transfer Student
□ Family Crisis □ Adult Student
□ Financial Concerns □ Victim of Crime
□ First Generation College Student □ Worked too Many Hours
□ Homesickness □ Other: _______________________
□ Illness □ Document Learning Disability

I have used the following resources at the University of South Carolina to help me become a successful student: [Check all that apply]

□ Academic Advisor □ Financial Literacy
□ ACE (Academic Coaching & Engagement) □ Library
□ Career Center □ Cross College Advising
□ Counseling & Psychiatry □ Supplemental Instruction
□ Student Disability Services □ Writing Center
□ Student Health Center □ Tutoring: _______________________
□ Financial Aid □ Other: _______________________

Student - Complete BEFORE appointment
About Me

It is helpful to reflect on your personal situation as you begin to develop a clear plan for academic success at the University of South Carolina. Please answer the following questions in DETAIL.

I was motivated to pursue a college degree because:

How I plan on using my college degree after graduation:

Things I find challenging in college include:

What has been your best experience as a student at the University of South Carolina?

My Study Habits

Generally I study ___________ (hours/minutes) a day. Generally I study ___________ times per week.

In the future I plan to study: ___________ (hours/minutes) a day and ___________ times per week.

In what kind of settings (i.e. locations, lighting, desk, time of day, etc.) do you feel you do your most productive studying?

Members of my support network that are available to assist me in becoming a successful student at the University of South Carolina (friends, family members, classmates, employers, professor, staff member, advisor, etc.) include:
**My Academic History**

Think about the courses you have taken. Which of those did you really enjoy? In which ones did you do well? In which ones could you have improved? What factors contributed to your success, enjoyment or performance? Use this worksheet to highlight three of the courses in each category. These courses could be from high school or another institution.

Print your Academic Transcript from *Self Service Carolina* to help with this section. Bring the transcript to the meeting with your ACE Coach.

<table>
<thead>
<tr>
<th>Courses In Which I Did Well or Enjoyed the Most</th>
<th>Courses In Which I Could Have Improved</th>
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</thead>
<tbody>
<tr>
<td><strong>Course / Grade</strong></td>
<td><strong>Factors that contributed to my success</strong></td>
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</table>

Student - Complete **BEFORE** appointment
The LASSI and ACE

The LASSI (Learning and Study Strategies Inventory) is a 10-scale, 80-item assessment of students' awareness about and use of learning and study strategies such as Motivation, Anxiety, Concentration, and Time Management.

1 - Take the LASSI online at [www.sc.edu/ACE](http://www.sc.edu/ACE) and click on “Resources”
   The assessment takes approximately 10-20 minutes to complete.

2 - Choose three scores that stood out to you the most and describe why you feel this may be a strength or weakness:

<table>
<thead>
<tr>
<th>LASSI Scale</th>
<th>Description/Reflection</th>
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3 - During a second meeting with an ACE academic success coach, you can receive a full interpretation of your scores and general academic skills assistance.

4 – You can schedule a follow-up appointment with your ACE coach or online at: [www.sc.edu/success](http://www.sc.edu/success) and click on “Make an Appointment”.

Coach Notes & Strategy Suggestions:
**Meeting with my Academic Advisor Plan**

Every student who visits ACE will know his/her Advisor’s contact info, or be familiar with the Advising process in their department/college. Your ACE Coach can help you with this process.

<table>
<thead>
<tr>
<th>Advisor Name:</th>
<th>Phone Number:</th>
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<tbody>
<tr>
<td>School/ College:</td>
<td>Email Address:</td>
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<tr>
<td>Office location:</td>
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</tbody>
</table>

**Academic Map**

Fill out the following tables mapping out your course load for the next two semesters: *Note, if you have not registered for classes or do not yet know the names of your professors, fill out the course information for the classes you plan to take next.*

<table>
<thead>
<tr>
<th>Semester</th>
<th>Classes</th>
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With your ACE Coach, brainstorm some potential questions to ask your Advisor:

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**ACE Coach use:**

- [ ] Student knows who their academic advisor is and has his/her contact information
- [ ] Student knows when to register for classes; (if applicable)
- [ ] Student knows classes required for his/her major (See Academic Bulletin)
- [ ] Student has mapped his/her next two semesters of coursework

**ACE Coach Initials** ________________
Meeting with My Professors Plan

Much of your academic experience in college is focused on the time you spend in class. Getting to know your professors is a MUST for students who want to do well.

1 – Log into Self Service Carolina and print a copy of your recent class schedule.

2. – Complete the following plan with your ACE Coach to determine a plan for meeting your professors. Visit your professor’s webpage to get ideas for questions and to explore his/her interests and background. The ACE Resources page also has a list of potential questions to ask your professor.

Complete the following chart about your contact with professors.

<table>
<thead>
<tr>
<th>Course</th>
<th>Professor and Contact Info</th>
<th>Potential Date of Meeting</th>
<th>Topics to Discuss</th>
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3 - **Contact each of your professors** this semester to introduce yourself. Try to gain a better understanding of what is required in the class and what you need to do to guarantee your successful completion. Most professors provide their contact information on the first page of the class syllabus.

ACE COACH USE ONLY:

□ Out-to-Lunch program suggested for: ________________________________

(Professor’s Name here)

Coach Notes:
**Mapping My Goals for Academic Success**

Examine the courses you are taking this semester (or the next one in which you will enroll) and complete this chart.

<table>
<thead>
<tr>
<th>Course</th>
<th>Realistic grade I hope to earn</th>
<th>Specific study skills I will need in this class</th>
<th>Resources on campus</th>
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GPA improvement calculator, found on: [www.sc.edu/ACE](http://www.sc.edu/ACE) and click on “resources”

**GPA PROJECTION**

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<tbody>
<tr>
<td>Student’s current overall USC system GPA</td>
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<tr>
<td>To improve your GPA to a</td>
<td></td>
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<tr>
<td>The student must earn this amount of credits</td>
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</tr>
<tr>
<td>Must earn this GPA</td>
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</table>

* ACE Coach, please remember to use GPA Hours and GPA in the “Total Institution” column.
**My Overall Goals**

Part of being successful in college is to set goals for yourself then develop action plans to achieve them. Develop three goals here, including specifics on how you will achieve these and by what date.

<table>
<thead>
<tr>
<th>Goal #1</th>
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<tr>
<td>How I will achieve this:</td>
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<tr>
<td>Deadline:</td>
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<table>
<thead>
<tr>
<th>Goal #2</th>
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<tbody>
<tr>
<td>How I will achieve this:</td>
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<tr>
<td>Deadline:</td>
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<table>
<thead>
<tr>
<th>Goal #3</th>
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<tbody>
<tr>
<td>How I will achieve this:</td>
<td></td>
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<tr>
<td>Deadline:</td>
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</table>

*Congratulations! You planned out what it will take for YOU to be successful.*
ACE Coach USE ONLY

ACE Coach Name: ___________________________ Date ____________

ACE Location: ________________________________

Student Preparation/Response:
- Student arrived to appointment on time □ Yes □ No □ No Time: _____
- Completed Academic Plan prior to ACE appointment □ Yes □ No □ N/A
- Brought LASSI scores □ Yes □ No □ N/A
- Brought Transcript □ Yes □ No □ N/A
- Student was receptive to strategies/session □ Yes □ No □ Moderate

Coach Session Notes:

Student Success and Support Referrals:

□ Career Center
  http://www.sc.edu/career/
  Thomas Cooper Library
  5th Floor
  803-777-7280

□ Counseling & Psychiatry
  http://www.sa.sc.edu/chdc/
  Byrnes Building, 7th floor
  (on Sumter St. near the Horseshoe)
  803-777-5223

□ Mathematics Center
  http://www.math.sc.edu/mathlab.html
  (near Pickens St. and Greene St.)
  LeConte 105
  803-777-5223

□ Office of Pre-Professional Advising
  http://sc.edu/oppa/
  208 Sumwalt College
  (corner of Sumter St. and Greene St.)
  803-777-5581

□ Office of Student Financial Aid
  http://www.sc.edu/financialaid/
  1714 College Street
  803-777-8134

□ Sexual Health & Violence Prevention
  http://www.sa.sc.edu/wellness/sas.html
  Student Health Center lower floor
  (behind Russell House)
  803-777-8248

□ Student Disability Services
  http://www.sa.sc.edu/dss/
  LeConte College, Room 112A
  (near Pickens St. and Greene St.)
  803-777-6142

□ Student Success Center
  http://www.sc.edu/success
  Thomas Cooper Library Mezzanine Level
  803-777-1000
  □ Academic Coaching & Engagement (ACE)
  □ Cross College Advising (CCA)
  □ Financial Literacy
  □ Transfer/ Veteran Services
  □ Tutoring
  □ Supplemental Instruction (SI)
  □ Withdrawal Consultation

□ Writing Center
  http://www.cas.sc.edu/write/
  James F. Byrnes Building, Room 703
  (Corner of Sumter and College Street)
  803-777-2078