



Academic Probation Contract

Cascadia College is an equal opportunity institution and does not discriminate on the basis of race, color, religion, gender and/or sex, disability, national origin, citizenship status, age, sexual orientation, veteran's status, or genetic information. All Cascadia materials are available in alternative formats and can be requested by contacting the Human Resources.

Name _____ Student ID Number _____
Phone _____ Email _____

Part 1: Complete the back side of this sheet. Bring to your meeting with the Academic Advisor.
Part 2: What are your educational goals?

Do you work? Yes No If yes, how many hours per week? _____
How many credits do you want to enroll in next quarter? _____

Please list anything that you think may have been affecting your academic performance in the quarter.

Please list 3 goals that will help you succeed next quarter.

1.	
2.	
3.	

AGREEMENTS:

- 1. Meet with your academic advisor **BEFORE** you register for the next quarter.
- 2. Meet individually with your instructors **BEFORE** _____

I understand the academic probation hold will remain on my record which prevents me from online registration. The reason for meeting with an advisor for two quarters is to discuss strategies to improve my coursework and to help ensure my success.

Student Signature _____ **Date** _____
Advisor Signature _____ **Date** _____

What is motivating you to be in college right now? (Check all that apply)

<input type="checkbox"/> Increase income, better job	<input type="checkbox"/> Self-improvement
<input type="checkbox"/> More respect at home or work	<input type="checkbox"/> Experience change
<input type="checkbox"/> Meet new, diverse people	<input type="checkbox"/> Personal challenge
<input type="checkbox"/> Become independent	<input type="checkbox"/> New career
<input type="checkbox"/> Friends/family going to college	<input type="checkbox"/> Requirements for current job
<input type="checkbox"/> Peer or family pressure	<input type="checkbox"/> Not sure what else to do

Personal Time Assessment

Circle the number that best describes your experience.

Statement	Never	Sometimes	Usually	Always
I go to class and arrive to class prepared.	1	2	3	4
I review my notes within 24 hours of class.	1	2	3	4
I spend time on campus taking care of personal business, talking with professors, studying, or doing research.	1	2	3	4
I have study goals, and I achieve them each week.	1	2	3	4
I feel prepared for tests.	1	2	3	4
I spend enough time on writing assignments.	1	2	3	4
I get enough sleep each night.	1	2	3	4
I spend some time each week doing something I enjoy.	1	2	3	4
I have enough time to take care of most of my personal needs.	1	2	3	4
I get support from others to help me meet my educational goals.	1	2	3	4
<i>TOTAL for each column</i>				
Grand total of all columns				

Score Range	Meaning
32 – 40	You do a good job managing your time. For the most part, you are satisfied with how you manage your time and what you accomplish most week.
26 – 31	You do a good job managing your time for most activities. Identify your weaker areas and create a plan to improve time management in those areas.
19 – 25	You may be dissatisfied with your time management and find only a few goals are met each week. Review what you are doing right with some of your time and make a plan that will draw upon your time management strengths.
Below 18	You may feel as though you are not meeting most of your goals during the week. An honest look at your goals, necessary activities, and priorities is needed.

Notes:

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