



# Advising Student Success Plan

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Student Name

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Student ID Number

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Quarter & Year

*The Student Success Plan will help you identify and address issues that impacted your academic performance and help you take steps to achieve your academic goals. After completing your plan, you will be meeting with either the Director of Student Advising and Support Services or the Retention and Completion Advisor. Please submit this plan prior to your appointment.*

## **Section 1: Your Academic Goals**

Please choose any of the following statements that describe what you are hoping to accomplish here at Cascadia. Select all that apply.

- ☐ Undecided / Unsure
- ☐ Take classes to explore possible majors, programs, careers, areas of interest & pathways
- ☐ Take classes to count for high school graduation requirements (Running Start or High School Completion)
- ☐ Complete prerequisites needed to apply to a major or program at another college or university
- ☐ Complete a transfer degree
- ☐ Complete a professional-technical certificate or degree (non-transfer)
- ☐ Other - Please elaborate in the next section

If you selected "Other" above, please tell us what other academic goal you are hoping to accomplish here at Cascadia. If you did not select "Other" above, leave blank.

If you have a specific major or area of interest & pathway in mind that you are preparing for at your future transfer institution, please indicate this in the box below. (Example: Chemistry, Psychology, etc.) If you do not have a specific major in mind yet, please enter "Undecided." If you are not planning to transfer to another school after Cascadia, please enter "N/A."

In order to ensure we have the most up-to-date information for contacting you, please enter your Cascadia e-mail address in the box below.

## ***Section 2: Identifying Your Obstacles***

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Please read the following questions and select all answers that apply. This will help you reflect on what obstacles you have encountered during your time so far at Cascadia to increase your awareness of what you may need to work on, as well as help your Advisor to recommend resources or a course of action for you to begin to overcome those obstacles.

Which of the following **ACADEMIC** obstacles did you encounter during your previous quarter at Cascadia? Select all that apply.

- ☐ Felt unprepared for coursework
- ☐ Had trouble understanding course content
- ☐ Ineffective study strategies
- ☐ Did not spend enough time studying
- ☐ Did not access tutoring or learning support
- ☐ Struggled with online or hybrid course format
- ☐ Course content was uninteresting to me
- ☐ Coursework was not challenging enough
- ☐ Felt marginalized by the classroom or institutional environment
- ☐ Had issues with instructor
- ☐ Learning disability
- ☐ Feel like I am on the wrong academic path
- ☐ None of the above

Which of the following **HEALTH AND WELLBEING** obstacles did you encounter during your previous quarter at Cascadia? Select all that apply.

- ☐ Not getting enough sleep
- ☐ Stress and anxiety about school or life issues
- ☐ Mental health issues (depression, bipolar, PTSD, etc.)
- ☐ Substance abuse issues (drugs, alcohol, prescriptions)
- ☐ Lack of support system (family, friends, school network)
- ☐ Lack of access to food or nutritious food options
- ☐ Unstable housing or homelessness
- ☐ Relationship health or sexual health issues
- ☐ Physical health issues (chronic illness, health condition, etc.)
- ☐ None of the above

Which of the following **DAILY LIFE** obstacles did you encounter during your previous quarter at Cascadia? Select all that apply.

- ☐ Trouble with time management
- ☐ Transportation issues
- ☐ Financial literacy issues (budgeting problems, debt, etc.)
- ☐ Trouble maintaining balance between multiple priorities
- ☐ Work/job-related scheduling conflicts
- ☐ Childcare issues
- ☐ Legal issues
- ☐ Lack of work/income
- ☐ None of the above

Did you encounter any other obstacles during your time at Cascadia that were not presented above? Please list those obstacles and any additional details or explanation that may be helpful in allowing us to assist you. Leave blank if there are no additional obstacles to mention.

If you used any campus resources during previous quarters at Cascadia, please check the boxes below to indicate which ones.

- ☐ Bock Learning Center
- ☐ Student Accessibility Services
- ☐ Counseling Center
- ☐ Health and Wellness Resource Center (HAWRC) / United Way Benefits Hub
- ☐ Academic Advising
- ☐ Veterans Benefits
- ☐ The Diversity and Equity Center
- ☐ Kodiak Cave
- ☐ Other

### **Section 3: Developing Your Goals for the Upcoming Quarter**

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\*Review Campus Resources on the attached handout (last page) and include them in your goals as applicable.

In this section, we are asking you to develop three goals for the quarter relating to the obstacles you identified in the previous section. Reflect on the obstacles you checked off, choose three that you would like to work on, and:

**1) State your goal**

**2) Identify the steps that you will take** to work towards accomplishing that goal.

An example is given below. Think about what campus resources that you may want to utilize in working towards your goals.

In the first box, DEFINE your first goal.

In the following three boxes, list out steps or actions you will take to make progress towards your goal.

*Here is an example:*

<b>Goal</b>	<b>I will improve my time management strategies.</b>
<b>Step / Action 1</b>	<i>I will review my school and personal commitments weekly to determine how much homework and study time I need to set aside.</i>
<b>Step / Action 2</b>	<i>I will utilize my Google calendar to schedule homework and study times.</i>
<b>Step / Action 3</b>	<i>I will set reminders on my phone for 15 minutes before I am scheduled to do my school work so I don't forget.</i>

**Create your goals in the following sections:**

<b>Goal #1</b>	
<b>Step / Action 1</b>	
<b>Step / Action 2</b>	
<b>Step / Action 3</b>	

<b>Goal #2</b>	
<b>Step / Action 1</b>	
<b>Step / Action 2</b>	
<b>Step / Action 3</b>	

<b>Goal #3</b>	
<b>Step / Action 1</b>	
<b>Step / Action 2</b>	
<b>Step / Action 3</b>	

## ***Section 4: Your Next Steps***

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1. **After completing this success plan, you will meet with your assigned Academic Advisor to discuss your academic goals. Your Academic Intervention hold will then be temporarily released so you can enroll for your course(s).**
2. You are required to check in with your assigned Academic Advisor during Week 2 or Week 3 of the quarter to review how you are making progress with your goals. We would love to hear how you are doing!

Connect with us through one of these ways:

- Schedule an appointment via: [Academic Advising Appointment Request Form](#)
  - Schedule an appointment via: [Academic Advising Assistance webpage](#)
  - Schedule an appointment by Email: [advising@cascadia.edu](mailto:advising@cascadia.edu)
3. Register for next quarter's classes early – you can check when you are able to register online and view the class schedule online in ctclink under [Class Search](#).
  4. You will be required to earn a Cumulative GPA of *2.0 or better* in order to return to good academic standing. Please let us know if you are experiencing any difficulties. You can reach out to us via e-mail or by appointment. For details about the Satisfactory Academic Progress Policy at Cascadia, visit this link: <https://www.cascadia.edu/about/governance-accreditation/policies.aspx> (Click on "Academic Standards")
  5. Don't hesitate to reach out if you have any questions: [advising@cascadia.edu](mailto:advising@cascadia.edu)



## ***Campus Resources***

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These resources may be able to assist you in executing your Student Success Plan. After reading about each resource, plan to contact the ones that may be able to play a part in your plan.

### **Bock Learning Center**

Provides a range of services and support for students, including space for students to work individually or in small groups, computer and printing resources, tutoring in a range of subjects on a drop-in and appointment basis, calculators and textbooks available for check-out, and support for Canvas use and account access. [Online tutoring](#) is also available.

- Located in CC2-060
- Phone: 425-352-8229
- E-Mail: [learningcenter@cascadia.edu](mailto:learningcenter@cascadia.edu)

### **Student Accessibility Services**

The primary goal of the Student Accessibility Services is to ensure access for students with documented disabilities and to contribute to the development of self-advocacy and confidence of students with disabilities. This office has created an atmosphere of opportunity by providing services and mediating considerations for students.

- Located in Kodiak Corner, CC1 First Floor
- Phone: 425-352-8128
- E-Mail: [accessibility@cascadia.edu](mailto:accessibility@cascadia.edu)

### **Counseling Center**

Counseling services are available to any student who is struggling with issues including family conflict, divorce, substance abuse, depression, grief and loss, and anxiety about academic achievement. Counseling is confidential, professional, and free.

- Located in UW1-080
- Phone: 425-352-3183
- E-Mail: [uwbcc@uw.edu](mailto:uwbcc@uw.edu)

### **Health and Wellness Resource Center (HAWRC) / United Way Benefits Hub**

The HAWRC is a one-stop hub connecting students with on-campus and community resources. The United Way Benefits Hub at the HAWRC offers financial assistance and enrollment in benefits, including: FAFSA / WAFSA and Scholarship Assistance, Healthcare Enrollment, Food and Utility Assistance, Reduced Fare Bus Pass, Financial Coaching, Homelessness Prevention and Housing Navigation, Help Paying for Financial Emergencies, and Free Tax Preparation (January - April).

- Located in ARC-120
- Phone: 425-352-5190
- E-Mail: [hawrc@uw.edu](mailto:hawrc@uw.edu)

### **Academic Advising**

Academic Advisors help you develop the skills you need to make sound academic decisions. Through advising, you make connections among your academic interests, your long-term goals, and career opportunities. Advisors are here to help you quarter by quarter with educational planning, university transfer options, college application processes, and graduation requirements. We offer support while encouraging you to take responsibility for your success. Advising is available on campus (appointments and drop-ins), by phone, and by email.

- Located in Kodiak Corner, CC1 First Floor
- Phone: 425-352-8860
- E-Mail: [advising@cascadia.edu](mailto:advising@cascadia.edu)
- Schedule via [Academic Advising Appointment Request Form](#)
- Schedule via [Navigate](#)
- Virtual or in-person drop-ins via [Academic Advising Assistance webpage](#)

### **Veterans Benefit**

Providing access and support for veterans with services including educational and active duty benefits, military and veteran tuition waivers, Academic Advising, Counseling, Disability Support Services, Veteran Navigator, and Veteran Employment Specialist.

- Located in Kodiak Corner, CC1 First Floor
- Phone: 425-352-8860
- E-Mail: [veterans@cascadia.edu](mailto:veterans@cascadia.edu)
- Schedule an appointment via: [Academic Advising Appointment Request Form](#)

### **The Diversity and Equity Center**

At "The Center" you can: utilize computers for homework, use the comfy couches to relax, discuss any issues regarding social justice or diversity, and access campus and community resources. Come join us and make new friends!

- Located in CC1-002, Lower Level
- Phone: 425-352-8230
- E-Mail: [CascadiaScholars@cascadia.edu](mailto:CascadiaScholars@cascadia.edu)

**Kodiak Cave** - The Kodiak Cave is an emergency food resource center located at LB2-006 on the Cascadia College campus. The Kodiak Cave directly serves the student body of Cascadia College. Opened in November 2018, the mission of the Kodiak Cave is to end hunger on our campus through nourishing meals and providing education and resources to our community. We currently operate as a "choice pantry", meaning guests will be able to pick the food that best meets their needs. We believe this gives our guests dignity and reduces food waste.

- Located in LB2-006 (next to Campus Safety)
- E-Mail: [kodiakcave@cascadia.edu](mailto:kodiakcave@cascadia.edu)

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Cascadia College is committed to creating a supportive environment for a diverse student, faculty, and staff population. Individual differences are celebrated in a pluralistic community of learners. Cascadia does not discriminate based on, but not limited to: race, color, national origin, citizenship, ethnicity, language, culture, age, sex, gender identity or expression, sexual orientation, pregnancy or parental status, marital status, actual or perceived disability, use of service animal, economic status, military or veteran status, spirituality or religion, or genetic information in its programs, activities, or employment, and is prohibited from discrimination by college policy and state and federal law.

For more information and to contact someone about this policy, please refer to <https://www.cascadia.edu/about/governance-accreditation/policies.aspx#non>