

**Office of Advising & Co-Curricular Programs**

**Personal Academic Plan**

**The Personal Academic Plan**

Your Faculty adviser and class dean are available to assist you in achieving your highest academic performance. This Personal Academic Plan is a means for you to share your reflections about what has influenced your past performance and what you might do to improve your results. You should complete this plan, save as a PDF (**ex. Morris 2017 Academic Plan**), and email to your class dean before your required meeting during the first two weeks of classes.

**Learning and Study Strategies Inventory**

To assist you with the reflection process of the Personal Academic Plan it is important for you to complete [The Learning and Study Strategies Inventory (LASSI)](http://www.collegelassi.com/lassi/index.html). The LASSI is designed to gather information about learning, study practices, and attitudes. The scales of the LASSI include:

Anxiety Attitude

Concentration Information Processing

Motivation Selecting Main Ideas

Self-Testing Test Strategies

Time Management Using Academic Resources

You should complete this plan, save as a PDF (**ex. Morris 2017 LASSI**), and email to your class dean before your required meeting during the first two weeks of classes. The results will help to provide you with more insight into ways to improve your academic results. The information you will need to login is below:

**School Number:** 80147

**User:** ESSD

**Password:** hdm8

**Understanding the LASSI Scales:**

*Note: The anxiety scale is a measure of coping with stress and how well you deal with stress. If the percentile is high- from 50 to 100 you are managing academic stress well, however if your score is low-from 0 to 50 you may not be managing academic stress well. Stress management for text anxiety and test preparation may be helpful.*

If scores range from 0-50 percent:

A score below 50 percent indicates that you have an urgent need to improve study skills in order to succeed in college.

If scores range from 50-75:

A score from 50-75 indicates that you may benefit from improving strategies in these areas.

If scores range from 75-100:

A score from 75-100 indicates that a student may not have to give a high priority to improving strategies in these areas, but there is still an opportunity to acquire new skills or ideas to further enhance learning.

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| **Date:** |  |
| **Name:** |  |
| **Faculty Adviser:** |  |
| **Academic Interest/Major** |  |
| **Overall GPA:** |  |

**Last Semester**

Please list last semester’s courses and the grades you received:

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| --- | --- | --- |
| **Course Name & Number** | **Professor** | **Grade** |
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| According to your LASSI results what are the areas of strength and what are the areas of growth for you as you continue your education at Lafayette College? |
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| Please comment on any factors that have negatively affected your academic performance this past semester (e.g. choice of major, time management, study skills, personal/family issues, substance use, etc.): |
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Please check the appropriate boxes concerning your study habits:

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| --- | --- | --- | --- | --- |
|  | Usually | Often | Sometimes | Rarely |
| Set goals for myself in each course |  |  |  |  |
| Make and follow a schedule |  |  |  |  |
| Keep a calendar list of assignments |  |  |  |  |
| Review course subject material weekly |  |  |  |  |
| Ask instructors for study suggestions |  |  |  |  |
| Seek help when questions arise |  |  |  |  |
| Study for exams at least a week in advance |  |  |  |  |

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| Which study skills, if improved, do you feel might help you in your studies at the College? |
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| For courses in which you received a C or better, please describe the academic strategies you used successfully: |
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| For each course in which you received less than a C, please explain what particular problems you had in the course and any efforts you made to resolve those difficulties: |
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| What Lafayette resources might have been helpful to you? Did you access Lafayette resources to support your studies? If so, were they helpful to you? If you did not access those resources, please explain why: |
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| Please make any additional comments about last semester and your LASSI results: |
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| Considering your LASSI results and your academic performance last semester please identify any issues that might be likely to surface again this semester. What are these issues and how do you anticipate you will deal with them? |
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| Please share your current thoughts about your academic interest(s) or declared major(s): |
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**Please list the courses you are currently registered for:**

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| **Course Name and Number** | **Professor** | **Rank Course Ease**  **(1 easiest – 5 hardest)** |
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| For course(s) ranked 3-5, please explain why they are ranked there: |
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| How will you plan to meet the challenges of the course(s) ranked 3-5? |
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| What changes will you implement to achieve academic success this semester (e.g. speak with professors/advisers, improve study skills, and time management? |
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| What academic support or other resources do you expect to utilize this semester? |
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| Please make any additional comments about the coming semester considering your past semester and your LASSI results: |
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| Please share your current thoughts about your academic interest(s) or declared major(s): |
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| If you have failed or withdrawn from courses, please summarize your earned credit deficit and discuss your plan to recover those credits. |
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| Please feel free to make any additional comments: |
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