

Academic Success Workshop: Because Every Mountaineer is Capable

Presenter(s): _____

This handout and the workshop are designed to help you examine ...

- Academic standards, probation policies, and forgiveness policies at Appalachian
- Growth mindset vs. fixed mindset
- Academic factors and obstacles
- Your personal action plan
- How you use your time
- How you form or break a habit
- Resources and where to go from here
- Academic strategy courses at Appalachian
- GPA calculations to regain good academic standing

We want to help you be the good student we know you can be.

After the workshop, your primary resources will be your academic advisor and your college office.

Students who have not yet declared a major will use these resources:

University College Academic Advising and Orientation Center—1st floor 101 D. D. Dougherty Hall, 828-262-2167

Academic Services for Student Athletes, College ACCESS Program, and Student Support Services—2nd floor D.D. Dougherty Hall, 828-262-2291

Students with a major declared will use these resources:

Beaver College of Health Sciences Office of Advising and Academic Support—102 Edwin Duncan Hall, 828-262-8590

College of Arts & Sciences College Advising and Support Services Hub —100 I.G. Greer Hall, 828-262-3076

College of Fine and Applied Arts Dean's Office—220 Edwin Duncan Hall, 828-262-7129

College of Education Dean's Office—404F College of Education Building, 828-262-2232

Walker College of Business Advising Center—2126 Peacock Hall, 828-262-2702

DegreeWorks is another key resource. With DegreeWorks, you can discover who your advisor is, explore the classes needed for any degree at Appalachian, and see how you are progressing toward graduation. To get to DegreeWorks, simply log on to your Appalnet account and click on the DegreeWorks logo.



Office of Student Success 238 I.G. Greer 828-262-6987 studentsuccess@appstate.edu

There are as many reasons for being on academic probation as there are people in this room. We know that life gets in the way and that, often times, it isn't academics that cause a student to get derailed. We aim to provide information that will be useful to all students as they strive to get back in good academic standing. If we don't cover something you hoped we would, please stay after the workshop and talk with us about your situation.

Before we go further, please consider these five keys to achieving academic success:

1. Go to class - every class. Unless you are truly sick, go to class.
2. Speak to and work with your instructors. Go to office hours regularly.
3. Take care of business - read, study, get to your classes and exams on time, do your homework, even if it is not graded. Reach out EARLY if you need help.
4. Be honest with yourself about how you are doing. Don't deceive yourself by thinking, "It'll get better."
5. School is a full time job, which requires AT LEAST 40 hours of work each week.

Now, let's go through the handout step by step and talk about how to get on the right track.

First, you need to know about Appalachian's Minimum Academic Standards and Policies

Appalachian State's Minimum Academic Standard, for good standing in any major, is a 2.0 cumulative GPA.

Be aware that some programs have a minimum academic standing requirement for admission to and/or graduation from that major. For instance, some programs in Beaver College of Health Sciences, Reich College of Education, and Walker College of Business require higher GPAs – between 2.5 and 3.3 depending on the program of study – for admission and/or graduation. See your Program of Study for details.

Most minors and certificate programs also have a minimum GPA requirement.

Other Important considerations:

- **Students have only two semesters on probation** - Ever! This semester is your best chance to get back in good standing. **Your odds of regaining good academic standing decrease after this semester.**
- **The time to act is now!**
- If you are not in good academic standing by the end of your second semester on academic probation, you will be academically suspended. Returning to Appalachian after being suspended is challenging and is not guaranteed.
- Be aware of Satisfactory Academic Progress (SAP). This is not just about keeping your GPA up. You also need to pass at least 67% of your attempted courses to graduate. If you are not meeting the requirement for SAP, you might also be ineligible for financial aid. The Office of Financial Aid can tell you more about SAP and where you stand.
- Are you in or heading toward the right major? Does your chosen major allow you to maximize your natural strengths? If not, you should consider letting your advisor help you find a better path for you. College is hard, but it shouldn't be pure drudgery.
- **To be perfectly clear: All of your GPAs (cumulative, major, minor and certificate) must be at or above 2.000* to graduate.**

*As noted above, various programs in the Beaver College of Health Sciences, Reich College of Education, and Walker College of Business require higher GPAs. See your individual Program of Study to be certain you are meeting minimum requirements.

How do you regain good academic standing?

Option 1– Grade Forgiveness Policy (Repeat courses)

A student may repeat up to four courses. In this case, the initial course grade will be excluded from the grade point average. However, the original grade will still appear on your transcripts.

The first four courses that students retake will be automatically processed using grade forgiveness. Students may elect to exclude one of these first four courses from grade forgiveness if they submit a request to the Registrar by the drop/add deadline during the term they are taking that course.

Courses must be repeated at Appalachian to count for grade forgiveness.

Additional repeats are permitted without grade forgiveness (replacement).

Option 2- Summer School at Appalachian

You may enroll in summer school at Appalachian to attempt to raise your grade point average. You may take new courses or repeat courses. **Summer will not count as one of your two allowable terms on academic probation.**

Taking summer courses at another institution will not raise your Appalachian GPA.

Summer Sessions are permitted for students who have been suspended, though we hope you do not need to consider this option.

Option 3- One-Year Academic Forgiveness Policy (with 30 credit hours)*

This policy permits students to retain previous credit and to begin a new GPA after one full calendar year if the following requirements are met:

1. At least 30 semester hours of NEW transferable credit from another college must have been earned since the student last attended Appalachian.
 2. The grades earned at the other institution, when averaged with the grades previously earned at Appalachian, must result in a 2.0 (on a 4.0 scale) cumulative grade point average.
-

Option 4- Two-Year Academic Forgiveness Policy (with or without credit hours earned)*

This policy permits students to retain previous credit and to begin a new GPA after two full calendar years. Coursework at another institution is not required for this Forgiveness Policy. However, if coursework is taken at another institution while suspended from Appalachian, the work must have a minimum overall GPA of at least 2.0 (on a 4.0 scale.)

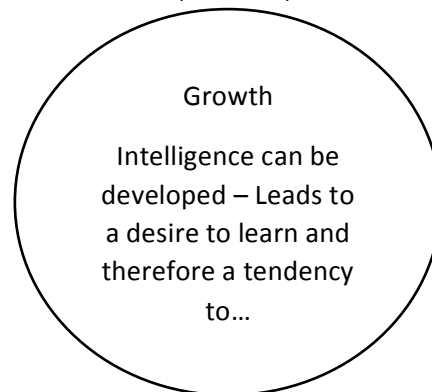
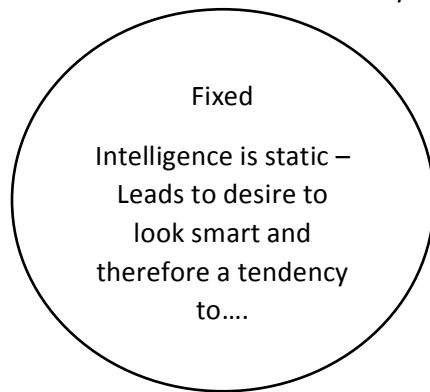
*Both Academic Forgiveness policies require:

1. Readmission through the Office of Undergraduate Admissions.
2. At least 30 hours of course credit earned after returning to Appalachian

Mindset – Fixed vs Growth

Adapted from Mindset: The New Psychology of Success by Carol Dweck

A set of beliefs or a way of thinking that determines one's behavior, outlook, and mental attitudes



...give up easily ...avoid challenges
...see effort as fruitless or worse
...feel threatened by the success of others

...embrace challenges
...persist in the face of setbacks
...see effort as the path to mastery
...find lessons and inspiration in the success of others

Instead of.....	Try thinking....
I'm not good at this	What am I missing?
I'm awesome at this	I'm on the right track
I give up	I'll use some of the strategies I've learned
This is too hard	This may take some time and effort
I can't make this any better	I can always improve; I'll keep trying
I can't do math	I'm going to train my brain in math
I made a mistake	Mistakes help me improve
It's good enough	Is this really my best work?

Mindset Video

Developing and changing your mindset.

1. Growth is beneficial
2. Deliberate practice is needed for development
3. Listen to your inner voice, and when it says you can't do it, add "yet."

Do or do not. There is no try. ~Yoda

Nothing will work unless you do. ~Maya Angelou

Success is no accident. It is hard work, perseverance, learning, studying, sacrifice, and most of all, love of what you are doing. ~Pele

What factors or obstacles are affecting your academic career?

Check all that apply and be honest with yourself.

Academic/Study Skill

- Poor study habits
- Poor time management
- Poor study environment
- Ineffective studying
- Inadequate study time
- Poor preparation
- Inefficient reading skills
- Ineffective writing skills
- Gaps in math skills
- Previous failure
- Ineffective note taking skills
- Poor concentration
- Negative attitude
- Unhappy with instructor(s)
- Unclear educational goals
- Attention issues
- Lack of organization
- Lack of confidence
- Other _____

Free Time Obstacles

- Facebook
- Too much internet or media
- Too much social life
- Too overextended in outside activities
- Video games
- Other _____

Obstacles Related to Major

- Selecting a major
- Major entry requirements
- GPA requirements
- Parental pressure
- Classes unavailable
- Major not offered
- Not happy with major
- Other _____

Obstacles Related to Fear of...

- Failure
- Not being perfect
- Accomplishments
- Pressures
- Success
- Commitment
- Making decisions
- Making mistakes
- Task too difficult
- Other _____

Work Related Obstacles

- Work too many hours
- Problems with the boss
- May lose job
- Conflicts with the job
- No part time work available
- Must work to survive
- Other _____

Financial Obstacles

- Worried about money
- Financial aid requirements
- Inadequate financial aid
- Too many debts
- Other _____

Personal Obstacles

- New independent status
- Roommate problems
- Relationship worries/breakup
- Loneliness
- Socially uncomfortable/shy
- Housing problems
- Value conflicts
- Dislike Appalachian
- Dislike college and studying
- High anxiety
- Other _____

Reflect on the following:

What is your main reason for being at Appalachian right now?

What do you hope to contribute to society in your lifetime?

Probation could lead to academic suspension. What would your back-up plan be if you had to leave Appalachian?

Personal Action Plan

Think about each of these successful patterns or habits. Which of these are you doing already? Which ones are you going to develop this semester and throughout your academic career? How are you going to develop them? What resources are you going to use? What is the biggest obstacle you need to overcome this semester?

To evaluate, give yourself a $\checkmark+$, \checkmark , or a $\checkmark-$	How effective have I been in doing this?	What will I do to improve this skill? Is this something I need to focus on this semester? Is it critical for this semester?
Time Management <ul style="list-style-type: none"> • Use a schedule, planner, or calendar • Balance academic, personal, and social demands • Do it now. Don't procrastinate • Get adequate sleep • Study regularly and according to a schedule 		
Study Habits <ul style="list-style-type: none"> • Choosing the right study location to minimize distractions • Sit near the front of each class; focus attention on the teacher and topic • Review notes within 24 hours and create study guides • Break up reading assignments into small parts • Increase study time the week before the test • Make review guides for exams • Take clear, concise, and correct notes 		
Life Outside the Classroom <ul style="list-style-type: none"> • Club involvement – too much/too little • Work schedule – reduce hours? • Address roommate problems • Address or set aside family issues 		
Major Issues <ul style="list-style-type: none"> • Research majors and read course descriptions • Visit Career Exploration Center • Visit academic departments • Speak to Academic Advisor 		
Using College Resources <ul style="list-style-type: none"> • Find a tutor • Meet with Learning Specialist • Join a study group • Talk to your instructor • Visit the Counseling Center • Speak to Financial Aid • Speak to your Academic Advisor 		

The Habit Project – The 32-day Commitment

As we make and keep commitments, even small commitments, we begin to establish an inner integrity that gives us the awareness of self-control and the courage and strength to accept more of the responsibility for our own lives. By making and keeping promises to ourselves and others, little by little, our honor becomes greater than our moods. – Stephen Covey

According to some behavioral psychologists, it takes 32 days to create or break a habit. Pick one habit. For example, “go to class every day.” Check each day off as you accomplish your task. If you do not accomplish your task one day, then you have to start over. It takes patience and persistence to make or break a habit – so make it happen!

My habit challenge for this month:

Day 1	Day 8	Day 15	Day 22	Day 29
Day 2	Day 9	Day 16	Day 23	Day 30
Day 3	Day 10	Day 17	Day 24	Day 31
Day 4	Day 11	Day 18	Day 25	Day 32
Day 5	Day 12	Day 19	Day 26	
Day 6	Day 13	Day 20	Day 27	
Day 7	Day 14	Day 21	Day 28	

To develop another habit or to complete the original habit, start again. New Goal:

Day 1	Day 8	Day 15	Day 22	Day 29
Day 2	Day 9	Day 16	Day 23	Day 30
Day 3	Day 10	Day 17	Day 24	Day 31
Day 4	Day 11	Day 18	Day 25	Day 32
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Day 7	Day 14	Day 21	Day 28	

Where does your time go? For each activity you do every day, document for a week what you do and for how long. People naturally will make time for what’s most important to them. What is it for you? You may be surprised how you are choosing to spend your time. As always, be honest with yourself.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am							
7:00 am							
8:00 am							
9:00 am							
10:00 am							
11:00 am							
12:00 pm							
1:00 pm							
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4:00 am							
5:00 am							

How much do you actually study? How much sleep do you need? How long are you in classes? When you are on the computer, are you studying, gaming, or surfing? How much do you hang out with friends? How many hours do you work at a job? How long does it take to commute? How much time do you spend at UREC? How long do you spend at mealtime: prep, eating, and socializing? How much time do your club commitments take? All of these activities are important but studying needs to be important too. How do you guarantee to yourself that you are taking care of your business?

Study Strategies – Study Smarter

SET UP A SCHEDULE. BUDGET YOUR TIME.

- Make out a daily and weekly schedule including regular study appointments. You should average at least 15 hours a week studying, every week.
- Study or read in small blocks of time (30-45 minutes) and then take a 10 minute break (stretch, run around the block, get a snack, do 30 sit-ups).
- For long term projects such as a research project, break your work up into small, achievable tasks so you can whittle away on the project each day rather than waiting until the last minute. Learning takes time, and gradual study is more enjoyable.
- Find time management resources at <http://studentlearningcenter.appstate.edu/time-management-college>

STAY ACTIVE WHILE STUDYING — this is the most effective way to learn and will prevent you from feeling drowsy or from daydreaming.

- Read and then take notes. Highlight as you read in the book or as you review class notes.
- Make sure your note-taking is thoughtful, not mindless busy work. Stay mentally engaged.
- Recite what you have just read in your text or notes back to yourself. **Quiz yourself regularly. Mix up the material to identify what needs further review.**
- You may find it helpful to meet with a college learning specialist to develop new strategies. Find out more about this free service at <http://studentlearningcenter.appstate.edu/academic-consultations>

LEARN TO SAY NO.

- Be aware of how others misuse your time. Try to stick to your study schedule.

REWARD YOURSELF FOR STICKING TO YOUR STUDY SCHEDULE.

- Complete your homework, and **then** watch your favorite TV show.
- Finish your reading assignment, and **then** go out with your friends.

STUDY BUDDY

- If you like to study with someone else, arrange to get together before an upcoming test. However, be careful to stay on task and not get sidetracked by idle conversation.
- Individual and small group tutoring is an ideal way to study actively. Find out more about options for free tutoring at <http://tutoring.appstate.edu>

MAKE THE MOST OF YOUR TIME IN COLLEGE

- Use your time in college strategically so you will be well-prepared to find a job or graduate from college. Visit this website to identify strategies and resources for every semester. <http://studentlearningcenter.appstate.edu/integrated-plan>

MAINTAIN A COMPETITIVE GRADE POINT AVERAGE (GPA)

- Many majors require a specific GPA for admission and/or graduation, and some employers now request GPA information. Visit this website to gain insights related to maintaining or raising your GPA: <http://studentlearningcenter.appstate.edu/strategies-boost-your-gpa>

REVIEW, REVIEW, AND REVIEW again.

- Don't wait until the last minute to cram. Review for tests on a daily and weekly basis.

The Study Cycle

A Continuous Process of Learning

Try the following system of studying for each class you are currently taking. You will notice a short preview and review sessions are more powerful for memory and retention than you may have anticipated. You will also find the Intense Study Sessions allow you to get more done in less time. Guaranteed.

Step 1	10 min.	Preview (warm up)	Preview the assigned material either the night before or the day of the class. Look over bold and italicized print, headings, outlines, formulas, images, and graphs. Read over summary and other material offered at end of the chapter. As you preview, develop questions you think will be asked during class.
Step 2	Class Time	Attend	Attend Class! Ask questions, take creative and meaningful notes. Due to the preview, you will find yourself feeling more confident and connected to what is going on in class. Your notes will be more MEANINGFUL AND CLEAR!
Step 3	10 Min.	Review (cool down)	Review your notes as soon after class as possible. Look over your notes, make sure they are complete and accurate. Note anything that was confusing.

Utilize Intense Study Sessions:

- ❖ Set a **goal** for 30-50 mins.
- ❖ **Study** with focus and action to accomplish that goal.
- ❖ Take 5-10 min. **break.**
- ❖ **Review** what you just studied.

Have more time? Start again with a new goal!

More Strategies

- Always ask why, how, and what-if questions
- Use SQ3R reading method (or preview, read, rephrase each paragraph)
- Test understanding by giving “mini lectures” on concepts
- Solve homework problems as though they are a test – without looking at the examples
- Use the Study Cycle
- Remember that learning is a continuous process, not a destination! It takes practice and work!
- Work to tie new information to previously learned knowledge. Make connections!
- Create concept maps for new concepts. Review regularly.
- Learn to recognize when you need help and ask for and accept help when needed.
- With each success/failure, take a step back and analyze what went right? What went wrong? Make adjustments where they are needed! Be flexible!
- Always keep going despite initial difficulty/failure. Learning that is difficult initially often leads to better long-term retention!
- Determine what your goals are and plan ahead...then follow through!
- Remember that the results you get are in direct correlation to your **BEHAVIORS, NOT YOUR ABILITY!**

Academic Resources

Successful students connect with campus resources to help them reach their goals.

Get connected!

The following services are available to all undergraduate students at no additional cost.

Academic Consultations (246 D.D. Dougherty) studentlearningcenter.appstate.edu/academic-consultations 828-262-3044

Meet with a study skills specialist to discuss strategies and study plans on an individual basis.

As-U-R (213-D Edwin Duncan Hall) collegestar.appstate.edu/u-r/u-r 828-262-6332

Consider this weekly support service to aid students with executive function challenges (EFCs), such as organization, planning and setting priorities, getting started and completing tasks, monitoring progress on tasks, and decision-making. An application is required for this program because spaces are limited.

Career Development Center (3rd Floor JET) careers.appstate.edu 828-262-2180

Develop a career plan with a career counselor, revise and share your resume with employers, sign up for practice interviews, and receive alerts about real interviews.

Career Exploration Center (216 PSU) careerexploration.appstate.edu 828-262-2029

Meet with students, graduate students and/or a professional career counselor to explore options for majors and to identify strengths and interests.

Library Research Assistance (Belk Library) library.appstate.edu/gethelp/rap 828-262-2818

Sign up for a Research Advisory Program appointment to gain extensive support on research projects.

Office of the Dean of Students (324 PSU) deanofstudents.appstate.edu 828-262-8284

The Dean of Students oversees Student Conduct, the Student Legal Clinic, Off-Campus Community Relations, and Parent and Family Services. The Dean of Students is available to all students and families.

Office of Disability Services (112 Anne Belk Hall) ods.appstate.edu 828-262-3056

Students with documented disabilities may qualify for accommodations such as extended time on tests or distraction-reduced testing environments.

Office of Student Success (OSS) (238 I.G. Greer) studentsuccess.appstate.edu 828-262-6987

OSS is committed to improving the undergraduate experience for the students of ASU by connecting students to resources, providing Academic Success Workshops, academic coaching, and more.

Peer Academic Coaching (208 D.D. Dougherty) studentlearningcenter.appstate.edu/interdisciplinary-tutoring 828-262-2134

Sign up for regular weekly appointments with a trained peer tutor to develop study plans and manage deadlines. Best to sign up in person at 208 D.D. Dougherty.

Tutoring Services (208 D.D. Dougherty) studentlearningcenter.appstate.edu/tutoring 828-262-3060

Sign up in person for weekly appointments with a tutor to discuss specific course content. Best to sign up early in the semester.

Writing Center (204 Belk Library) writingcenter.appstate.edu

828-262-3144

Drop in or arrange an appointment to discuss a writing project with a consultant. These conversations may be helpful at any point in the writing process.

Wellness Resources

Appalachian offers a wide variety of wellness activities and services for the campus community. The Department of Wellness and Prevention Services, which leads these efforts, follows a holistic approach encompassing eight dimensions: **emotional, environmental, financial, intellectual, occupational, physical, social and spiritual**. In order to promote these dimensions, Wellness and Prevention Services offers a variety of educational and skill building programs along with individual and group services. The following are some of the services available to members of the Appalachian community at no additional cost:

Wellness and Prevention Services (1st floor of Miles Annas building)

828-262-3148

wellness.appstate.edu

Alcohol and Other Drug Counseling (AOD)

AOD counseling provides students with information and help processing their experiences and feelings. This can be a single session, short term (2 to 6 sessions), or longer depending on the goals.

BASICS: Brief Alcohol Screening and Intervention for College Students

The BASICS program offers students an opportunity to examine and explore their alcohol and other substance use. The program serves students individually, providing a personalized BASICS feedback report and a confidential session with a trained counselor.

Nutrition and Weight Management

The Department of Wellness and Prevention Services employs a registered dietician that serves as the nutritionist and dietary expert within the department. Students may set up individual appointments with the nutritionist as well as engage in group sessions. In addition, students are invited to attend grocery store tours and learn how to interpret food labels and ways to better navigate grocery venues and make healthy food purchases within a limited college budget.

Sexual Health Education

Students have access to a number of sexual health related services within the Department of Wellness and Prevention Services. Group programs, such as Condom Bingo and Birth Control Pictionary, can be requested by student groups. In addition, students can submit requests for a variety of sexual health resources via the Condom Fairy's portal on AppSync: Condom Fairy Request Form. Students may also request an appointment with the Student Wellness Coordinator to discuss healthy relationships, intimacy, and making informed decisions regarding sexual activity.

Mental Well-being Training

Transitioning to the university environment and thriving within that setting can take a heavy toll on the mental well-being of students. For that reason, the department offers a variety of stress

management services. Students can enroll in ongoing Koru Mindfulness classes at the AppSync events page. This four-week class will teach students a variety of mindfulness and meditation techniques. In addition, guided meditations are offered weekly to students as well as faculty/staff. These may also be found on the AppSync events page.

Additionally, students have access to several suicide prevention resources and trainings, many of which are facilitated by the Coordinator for Student Mental Well-being within the Department of Wellness and Prevention Services. More information regarding suicide prevention can be found at the following website, preventsuicide.appstate.edu/.

Sexual Assault Prevention

Students, faculty, and staff at Appalachian State University have committed themselves to ongoing sexual assault prevention efforts. The Red Flag Educators are one particular student group that serves the Appalachian community through the Department of Wellness and Prevention Services, and seeks to educate and empower peers on “Red Flags” of sexual, interpersonal, and dating violence. The Red Flag Educators are available to present to peer groups, organizations, and classes on topics of interpersonal violence, active bystander intervention, and rape culture. More information can be found at redflag.appstate.edu.

Counseling Center (1st Floor, Miles Annas Building) counseling.appstate.edu

828-262-3180

Individual Counseling

Brief counseling (a limited number of sessions per semester) is available. If weekly support for the entire semester is needed, a referral to a private therapist or community service will be made as early as possible.

Group Counseling

The Counseling Center offers both short-term and long-term group programs on a regular basis.

Couples/Family Counseling

Problems that are centered on an ongoing relationship may need to be addressed in couple or family counseling. Services are offered to couples regardless of marital status and/or sexual orientation, as long as at least one of the partners is a current student.

Eating Concerns Program

The Eating Concerns Treatment Team (ECTT) offers specialized services for individuals with eating and body image issues.

C U THRIVE appstate.cuthrive.com

CU Thrive is a program built specifically for college students to help them explore, understand and share their unique college experiences. There are a wide variety of resources including mental health screenings, interactive modules, articles and even recipes!

M.S. Shook Student Health Service (2nd Floor, Miles Annas Building)
healthservices.appstate.edu

828-262-3100

In addition to clinical services related to preventive care (e.g., influenza vaccination and physical exams) and illness (e.g., common cold), Student Health Services also houses an injury clinic, pharmacy, and a travel health clinic.

Financial Resources

Financial Aid (265 JET) financialaid.appstate.edu

828-262-2190

Apply to qualify for loans and scholarships on campus. Be sure to check out your major department's website for major-specific scholarship opportunities. Once a student applies for financial aid by completing the Free Application for Federal Student Aid (FAFSA), SAP (Satisfactory Academic Progress) will be checked and if the student is meeting the SAP standards, financial aid processing will continue as normal, no matter the probationary status of the student.

Satisfactory Academic Progress

- Must successfully complete 67% of all hours enrolled in after the 5th day of classes.
- Must not exceed total hours beyond 150% needed for degree. If an undergraduate student attempts 183 hours, they are no longer meeting SAP because they have attempted more than 150% of the length of the degree program.

Remember that only courses required for your degree are eligible for financial aid. Financial aid eligibility is based on enrollment in required coursework only.

Student Employment (389 JET) studentemployment.appstate.edu

828-262-4099

Find out more about on-campus and part-time off-campus jobs for students.

Office of Sustainability Food Pantry (Basement Level of East Hall)

828-262-2659

sustain.appstate.edu/news/2016/11/food-pantry-now-open-office-sustainability

Any students or Boone community members who have food or goods needs are invited to visit Appalachian's food pantry and free store. The Food Pantry offers non-perishable staples as well as seasonal, local fruits and vegetables as available. The Free Store offers school supplies, home goods, clothing, and more. HOURS: Monday - Friday 8:30 am - 5:00 pm.

F.A.R.M. (Feed All Regardless of Means) Cafe (617 W. King Street) farmcafe.org

828-386-1000

F.A.R.M. Cafe is a non-profit, pay-what-you-can community kitchen that builds a healthy and inclusive community. Serving Lunch Monday-Friday 11-2.

Spiritual Resources

Rich Mountain Meditation Room

Rich Mountain Room, located on the third floor of the Plemmons Student Union has been designated as a meditation room for use by students. This walk-in space can be used as a quiet reprieve from their busy lives and for prayer and meditation or small group spiritual gatherings.

Appalachian Spiritual Life Association (ASLA) ministries.appstate.edu

ASLA promotes a spiritual climate in which all members of the University community have the freedom and opportunity to practice their respective faiths, to worship in accordance with their individual beliefs, to inquire about religious problems and interests, and to work together on common concerns.

Other Resources

Henderson Springs LGBT Center (International Hallway, PSU) lgbt.appstate.edu

828-262-8566

This Henderson Springs LGBT Center provides resources, support, information, and a welcoming atmosphere for LGBT individuals and their allies.

Multicultural Center (112 PSU) multiculturalcenter.appstate.edu 828-262-6158
Staffed by students, the Multicultural Center promotes diversity and inclusion through educational and social programming that is open to all students.

Office of Equity, Diversity and Compliance (EDC) (123 I.G. Greer Hall) edc.appstate.edu 828-262-2144
EDC is charged to ensure that equal access to education and employment is guaranteed, respectful treatment is assured, and an appreciation of differences is fostered for all members of the university community.

Ombuds Office (236A I.G. Greer) ombuds.appstate.edu 828-262-2559
Provides an independent, confidential environment for faculty, staff and students of the Appalachian community to discuss campus-related concerns or problems.

Student Engagement and Leadership (231 PSU) engageandlead.appstate.edu 828-262-3032
Connect with clubs, organizations, and leadership opportunities that match your interests and/or ambitions.

Student Legal Clinic (324 PSU) legalclinic.appstate.edu 828-262-8284
Free legal advice, information and referrals provided by a licensed attorney. Services are convenient and confidential.

University Housing (321 JET) housing.appstate.edu 828-262-2160
Find links to housing applications, information about where to request maintenance for your room, where and how to receive packages, and more.

University Recreation urec.appstate.edu 828-262-2100
University Recreation serves Appalachian students by creating access to safe spaces for students to participate in outdoor programs, club sports, intramural sports, group or individual fitness, as well as aquatic activities. Activities and opportunity for engagement occur at the Student Recreation Center, the Quinn Recreation Center, Mt. Mitchell Fitness Center, the State Farm Intramural and Club Sport Fields, and Camp Broadstone.

Veteran Services (251 PSU) studentveteranservices.appstate.edu 828-262-2722
The Student Veteran Services office is committed to the educational success of service-members, veterans, and their dependents.

Women's Center (International Hallway, PSU) womenscenter.appstate.edu 828-262-6744
The Women's Center is committed to educating the Appalachian community, eliminating gender discrimination, promoting social, economic, and political equity, and empowering women and girls.

Top 2 Resources that Interest You

1. _____

2. _____

GPA Calculations – Understand GPA and Take Control of your Academic Career

There are several types of online GPA calculators available for your use. However, to be as accurate as possible you will need additional information. You will need your GPA hours and your Quality Points. This information can be found on your transcript, which you can access at <http://bannerweb.appstate.edu>



The DegreeWorks Term Calculator – Located at <http://dw.appstate.edu>, the DegreeWorks Term GPA Calculator is a tool for students to project their possible term GPA based on information they self-enter.

If you are repeating a class, you would be wise to use calculations found in an Excel file for this purpose, available at <http://studentlearningcenter.appstate.edu/strategies-boost-your-gpa>.

It helps to discuss issues one-on-one, create a plan, and set your goals.

For this, you need to meet with your Academic Advisor.

- GPA Calculations – You need to know what grades you need to have during this semester. Set your GPA goals now! Waiting to see your advisor until required advising is too late. Calculations can be complex, so double-check your GPA calculations with your advisor for accuracy.
- Review your transcript and Program of Study to make a plan for what classes you can repeat or any changes you need to make to have a successful semester.
- Review schedule adjustment issues. The last day to add a class to this semester's schedule is _____.
- You may need to adjust your schedule to take advantage of repeats this semester. By adjusting your schedule now (and taking advantage of the grade forgiveness policy) you will help yourself get back in good academic standing.
- The last day to withdraw from or drop a semester course is _____.
- Review your major. Are you in the right major for your interests, skills, and abilities?
- Review this material with your advisor, who may have some ideas that you have not considered and we have not discussed in this workshop.
- Know that you are not able to adjust your schedule after the first five days of classes except for dropping a course which uses one of the four academic drops allowed in your academic career.
- All students currently on probation are automatically enrolled in a course on AsULearn entitled "Academic Plan," designed to provide information and timely reminders to help you remain focused on your goals. Though no additional work is required, each student enrolled in the course is encouraged to review information received in weekly reminders.