

Stay Whelmed Academic Success Plan

Take Time to Reflect

The **Honors Academic Success Plan** is designed to help you reflect on your past semester and create a personalized action plan for future success. We encourage you to set aside uninterrupted time to complete this form thoughtfully.

Throughout the form, you'll find links to campus resources that can support you in addressing challenges and reaching your goals. Please review them carefully, as they can be valuable tools in your academic journey.

Your responses will help you, your advisors, and the Honors Program identify strategies to support your continued success at UConn. The more detail and reflection you provide, the more effective your plan will be.

The goals of this **Honors Academic Success Plan** are the following:

- To allow students to thoughtfully reflect on their most recent semester at UConn, including recognizing their personal and academic strengths, as well as the challenges that inhibited their success
- To create a detailed plan--including goals, resources, and next steps--that will help students to achieve success during the next semester and beyond
- To provide a productive starting point for a connection to the Honors Program and UConn community that encourages student success and well-being. Please reply to the following questions thoughtfully and thoroughly, so that we can help you to set the stage for remaining in Honors and successfully completing your UConn degree.

Please know while we will make every effort to review your submission as soon as possible, it may not be reviewed immediately upon receipt. Please note that all University employees are mandated reporters of child abuse or child neglect. In addition, UConn employees have responsibilities to report to the Office of Institutional Equity student disclosures of sexual assault and related interpersonal violence; any information you submit in this form is subject to UConn reporting policies. If you feel you need more immediate assistance or support, we encourage you to reach out to the Dean of Students Office and/or Student Health and Wellness - Mental Health (Mental Health Resource Center). In addition, if you have concerns related to sexual harassment, sexual assault, intimate partner violence and/or stalking, we encourage you to review the resources and reporting options available at: <https://titleix.uconn.edu/>

Student Information

First Name

Last Name

UConn Email

UConn Home Campus, Fall 2024

UConn Home Campus, Spring 2025

- Avery Point
- Hartford
- Stamford
- Storrs
- Waterbury

Did you receive a notification from the *Office of Undergraduate Advising* (sent December 27, 2024) that you are on **Academic Notice**?

- Yes
- No

Display This Question:

If Did you receive a notification from the Office of Undergraduate Advising (sent December 27, 2024)... = Yes

If you are on Academic Notice, you should first fill out the Academic Success Plan linked on the University Scholastic Standing page (top right corner) before continuing this form.

This Honors Academic Success Plan is similar, but the UConn Academic Success Plan must be completed prior to meeting with your Academic Success Advisor (Hartford, Stamford, Storrs) to complete the requirements of the Academic Standing Hold that would prevent registration for the Fall 2025 semester.

We encourage you to meet with a member of the Honors Advising staff to discuss any questions or concerns you have about Honors requirements, or for additional support as you plan for the upcoming semester! Please make sure you first review the Mandatory Student Actions for students on Academic Notice.

- I have reviewed the Mandatory Student Actions and have filled out (or will fill out) the UConn Academic Success Plan. I would like to continue completing the Honors Academic Success Plan in addition to the UConn Academic Success Plan (1)
- I have reviewed the Mandatory Student Actions and would like to exit this form (2)
- I am not/no longer on Academic Notice and would like to continue completing the Honors Academic Success Plan (4)

Skip To: Q18 If We encourage you to meet with a member of the Honors Advising staff to discuss any questions or c... = I have reviewed the Mandatory Student Actions and have filled out (or will fill out) the UConn Academic Success Plan. I would like to continue completing the Honors Academic Success Plan in addition to the UConn Academic Success Plan

Skip To: End of Survey If We encourage you to meet with a member of the Honors Advising staff to discuss any questions or c... = I have reviewed the Mandatory Student Actions and would like to exit this form

Skip To: Q18 If We encourage you to meet with a member of the Honors Advising staff to discuss any questions or c... = I am not/no longer on Academic Notice and would like to continue completing the Honors Academic Success Plan

Page Break **Describe your academic successes and strengths during your most recent semester at UConn. Specifically:**

- What strategies worked best for you, and in which classes or situations?
- How did these strategies impact your overall performance?

As you reflect on your most semester at UConn, consider the personal, academic, and environmental factors that may have affected your success.

Identify the challenges you experienced below:

- | | | |
|--|---|---|
| <input type="checkbox"/> Motivation | <input type="checkbox"/> Family Responsibilities and/or Expectations | <input type="checkbox"/> Relationships (Family, friends, romantic, roommate, etc.) |
| <input type="checkbox"/> Academic Burnout (Overwhelmed by course load) | <input type="checkbox"/> Home/food insecurity | <input type="checkbox"/> Identity (Gender, sexual, transition, etc.) |
| <input type="checkbox"/> Trouble understanding course content | <input type="checkbox"/> Work Responsibilities | <input type="checkbox"/> Deciding on my major |
| <input type="checkbox"/> Class Attendance/Participation | <input type="checkbox"/> Time Management | <input type="checkbox"/> Realizing my major was not a good fit or match for me |
| <input type="checkbox"/> Managing increased academic expectations | <input type="checkbox"/> Finances/Scholarships | <input type="checkbox"/> Learning differences or disabilities |
| <input type="checkbox"/> Communicating with instructors/advisor(s) | <input type="checkbox"/> Lack of support/connection on campus | <input type="checkbox"/> Difficulty obtaining accommodations (e.g. granted in high school but not approved or available at UConn) |
| <input type="checkbox"/> Mental Health Challenges | <input type="checkbox"/> Social Distractions/Commitments | <input type="checkbox"/> Fear of making mistakes or decisions with long-term consequences |
| <input type="checkbox"/> Sleeping/Eating Habits | <input type="checkbox"/> Navigating a new or different social environment | <input type="checkbox"/> Understanding or fulfilling Honors requirements |
| <input type="checkbox"/> Stress/Anxiety | <input type="checkbox"/> Adjusting to living away from home | <input type="checkbox"/> Other (describe challenges):
<div style="border: 1px solid black; height: 20px; width: 100%;"></div> |
| <input type="checkbox"/> Health Concerns | <input type="checkbox"/> Transportation | |

You identified the following challenges that impacted your work during your most recent semester:

`#{Q1/ChoiceGroup/SelectedChoicesTextEntry}`

Take a moment to reflect on the challenges you faced this semester, and what made them significant for you. Of the challenges identified, select the top three that you would like to prioritize for the upcoming semester. For each challenge:

- Describe why it is important to address this challenge now, and share what you hope to achieve by overcoming it
- Consider specific steps, strategies, or resources you can use to overcome it
 - If you're unsure of the steps or resources you might need, describe what support you think could help

Priority #1

Priority #2

Priority #3

The following characteristics most accurately describe my academic habits during my most recent semester at UConn:

Select all that apply.

- I read the syllabus and/or grading structure for each class.
- I faced personal and/or family challenges that affected my academic habits.
- I utilized a planner/calendar (paper or online) to organize my course information/assignments.
- I used online study resources such as Quizlet or Khan Academy
- I attended all of my classes on regular basis.
- I completed and/or submitted my assignments on time.
- I participated in class on a regular basis.
- I remembered information presented in class and in textbooks.
- I took effective notes and reviewed them when studying.
- I felt comfortable approaching faculty with my questions.
- None of the above (describe your habits):

How many hours a week do you spend studying? (Reviewing course material, completing assignments, meeting with professors, visiting tutoring centers, etc.)

You can enter a weekly average, or a range of hours.

Which class, or classes, do you think will be most challenging for you this semester?

Did you use on-campus resources during your most recent semester at UConn?

These might include resources such as your academic advisor, Student Health and Wellness (SHAW), your SSS advisor, Center for Students with Disabilities (CSD), the Academic Achievement Center, the Q or W Centers, Dean of Students Office, Cultural Centers, etc.

- Yes
- No

Display This Question:

If Did you use on-campus resources during your most recent semester at UConn? These might include re... = No

What prevented you from using campus resources?

Select all that apply.

- Unaware of resources
- Not comfortable seeking help from instructors
- Uncomfortable seeking support
- Felt I didn't need resources
- Privacy concerns
- Preferred to use online resources (Khan Academy, Quizlet, etc.)
- Other (describe reason):

Display This Question:

If Did you use on-campus resources during your most recent semester at UConn? These might include re... = No

And UConn Home Campus, Spring 2025 = Storrs

Here are some resources you can use to create a strong plan for the semester. They are also listed at the end of the "Stay Whelmed" email you recently received, and will be linked in the copy of your responses sent to your email after completing this reflection.

This reflection continues on the next page, so please make sure to scroll down and click "Next" after reviewing!

Academic Resources

- The Academic Achievement Center helps with the process of studying, test-taking, and time management. Old habits often aren't enough and each course needs different strategies. Take advantage of workshops, individual coaching, and electronic resources. Supplemental Instruction is also offered for certain entry level courses.
- If you have difficulty with quantitative courses, make sure you check out the Q Center. The Center offers tutoring, guidelines for course placement, and other helpful information.
- If you find that your writing is not as strong as you or your instructors think it should be, meet with the Writing Center. You can work with tutors who will help you with everything from brainstorming to doing a final overview of your paper. The tutors can address any type of writing, whether it's a paper, lab report, scholarship application, etc.
- **Take advantage of your professors' office hours.** All professors have to offer hours when they're in their offices available to help you. Often they'll post those hours on their syllabi – or they'll be by appointment, so make an appointment!
- If your professor or TA offers review sessions, attend them! This is your chance to ask questions, so don't hesitate!
- Meet with your advisor. Much like professors, advisors are here to help you with the questions and stumbling blocks that you may come across. Most advisors have office hours or drop-in hours when they're available to meet with anyone who drops in.
- Tutoring Centers (right side of the page) can really help if you're having trouble understanding the content of a course. The Engineering Tutoring Center is also **open to all majors** in the classes supported (listed on schedule).

Mentors

- If you have a PATH mentor, don't hesitate to talk to them! Students volunteered to be mentors because they wanted to help first year students avoid the mistakes they made and provide them with the benefit of their experiences. Ask what difficulties your mentor encountered their first year and what steps they took to resolve them.
- UConn Connects is a program for anyone who feels that they might benefit from having a mentor to act as a guide throughout the semester. The mentor can check up on academic strategy and progress and offer advice about resources with the goal of improving GPA.
- Just because UNIV 1784 is over doesn't mean your facilitators have to be out of your life – connect to one or both and continue to ask them questions and for advice.

Cultural Centers and Programs

The cultural centers and programs can offer everything from advice, to peer mentors, to a quiet place to study. You can learn more about what they have to offer by visiting their websites:

- African American Cultural Center
- Asian American Cultural Center
- Puerto Rican/Latin American Cultural Center
- Rainbow Center
- Women's Center
- Native American Cultural Programs
- Middle Eastern Cultural Programs

Other Resources

- Utilize Mental Health Services at Student Health and Wellness. Along with personal sessions, the office also offers group sessions. Check out their 'Self-Help' tab for a wide range of online information if you prefer to begin that way. The Psychological Services Clinic is another resource on campus for mental health.
 - The Dean of Students office advocates for students, connects students to resources, and supports students in resolving educational, personal, or university concerns that impact life and goals.
 - Keep in mind the Academic Calendar and deadlines as you make decisions about courses and create a schedule that will help you to be most successful.
 - Advising online hub can also help point you in the right direction of resources on campus.
 - The Major Experience can help you to explore fields of study and career options.
-

Display This Question:

If Did you use on-campus resources during your most recent semester at UConn? These might include re... = No

And UConn Home Campus, Spring 2025 = Stamford

Here are some resources you can use to create a strong plan for the semester. They are also listed at the end of the "Stay Whelmed" email you recently received, and will be linked in the copy of your responses sent to your email after completing this reflection.

This reflection continues on the next page, so please make sure to scroll down and click "Next" after reviewing!

Academic Resources

- **Take advantage of your professors' office hours.** All professors have to offer hours when they're in their offices or on campus and available to help you. Often they'll post those hours on their syllabi – or they'll be by appointment, so make an appointment!
- If your professor offers review sessions, attend them! This is your chance to ask questions, so don't hesitate!
- Meet with your advisor. Much like professors, advisors are here to help you with the questions and stumbling blocks that you may come across.
- The UConn Stamford Tutoring Center houses the Writing Center and Q Course Center and offers free tutoring, with virtual options for some subjects.
- The Center for Academic Success & Engagement (CASE) is a new resource on the 2nd floor of the library along with the Tutoring Center – visit them and stay tuned for workshops and resources from CASE that may support your learning this semester.

Mentors

- PATH mentors – there is still time to sign up to get a PATH mentor. Email Akosua at akosua.agyei@uconn.edu for the sign up form. Students volunteered to be mentors because they wanted to help other students avoid the mistakes they made and provide them with the benefit of their experiences. Ask what difficulties your mentor encountered their first year and what steps they took to resolve them.
- Just because UNIV 1784 is over doesn't mean your facilitators have to be out of your life – connect to one or both and continue to ask them questions and for advice.
- Visit the Honors GPS team members at Stamford to talk about resources on campus or ask for their peer perspective.

Other Resources

- Visit the Student Health & Wellness (SHaW) Mental Health aka the Mental Health Resource Center.
- The Office of Student Services at Stamford includes a variety of resources and support in your educational journey including Center for Students with Disabilities and other support including advocacy, connections, and addressing concerns impacting your educational journey.
- Keep in mind the Academic Calendar and deadlines as you make decisions about courses and create a schedule that will help you to be most successful.
- The advising online hub can also help point you in the direction of general resources or advising centers for your School or College. Some of the resources based on the Storrs campus have virtual offerings that are available to students from all campuses.
- The Major Experience can help you to explore fields of study and career options.

Display This Question:

If Did you use on-campus resources during your most recent semester at UConn? These might include re... = No

And UConn Home Campus, Spring 2025 = Hartford

Here are some resources you can use to create a strong plan for the semester. They are also listed at the end of the "Stay Whelmed" email you recently received, and will be linked in the copy of your responses sent to your email after completing this reflection.

This reflection continues on the next page, so please make sure to scroll down and click "Next" after reviewing!

Academic Resources

- The Academic Achievement Center helps with the process of studying, test-taking, and time management. Old habits often aren't enough and each course needs different strategies. Take advantage of workshops, individual coaching, and electronic resources.
- If you have difficulty with quantitative courses, make sure you check out the Q Center. The Center offers help with Q courses in math, chemistry, physics, and statistics.
- The Writing Center offers a peaceful study environment where students can work independently with writing consultants on any type of writing (papers, lab reports, scholarship applications) at any stage of the writing process (brainstorming ideas to a final overview).
- The Biology Tutoring Center ("B Center") supports students in BIOL, EEB, MCB, and PNB courses.
- **Take advantage of your professors' office hours.** All professors have to offer hours when they're in their offices or on campus and available to help you. Often they'll post those hours on their syllabi – or they'll be by appointment, so make an appointment!
- If your professor offers review sessions, attend them! This is your chance to ask questions, so don't hesitate!
- Meet with your advisor. Much like professors, advisors are here to help you with the questions and stumbling blocks that you may come across.

Mentors

- UConn Connects is a program for anyone who feels that they might benefit from having a mentor to act as a guide throughout the semester. The mentor can check up on academic strategy and progress and offer advice about resources with the goal of improving GPA.

Other Resources

- Visit the Student Health & Wellness (SHaW) Mental Health aka the Mental Health Resource Center.
- The Office of Student Services at Hartford includes a variety of resources and support in your educational journey including Center for Students with Disabilities and other support including advocacy, connections, and addressing concerns impacting your educational journey.
- Keep in mind the Academic Calendar and deadlines as you make decisions about courses and create a schedule that will help you to be most successful.
- The advising online hub can also help point you in the direction of general resources or advising centers for your School or College. Some of the resources based on the Storrs campus have virtual offerings that are available to students from all campuses.
- The Major Experience can help you to explore fields of study and career options.

Display This Question:

If Did you use on-campus resources during your most recent semester at UConn? These might include re... = Yes

I used the following campus resources during my most recent semester at UConn:

Select all that apply.

- | | |
|---|--|
| <input type="checkbox"/> Other Professional Staff Advisor (STEM, Rowe, OUR, McNair, etc.) | <input type="checkbox"/> Q Center/Writing Center/other Tutoring Center |
| <input type="checkbox"/> Cultural Center or Student Organizations | <input type="checkbox"/> Campus Library |
| <input type="checkbox"/> Center for Access and Postsecondary Success (CAPS) | <input type="checkbox"/> Peer mentoring program (PATH, TME, LCs, etc.) |
| <input type="checkbox"/> Honors Guides for Peer Success (GPS) | <input type="checkbox"/> Academic Achievement Center (includes Supplemental Instruction) |
| <input type="checkbox"/> Student Health and Wellness (SHAW) | <input type="checkbox"/> Center for Students with Disabilities (CSD) |
| <input type="checkbox"/> Dean of Students Office/ Office of Student Services | <input type="checkbox"/> UConn Connects |
| <input type="checkbox"/> Center for Career Development | <input type="checkbox"/> Academic Advisor |
| <input type="checkbox"/> Professor/TA Office Hours | <input type="checkbox"/> Other (describe campus resources used): |

We encourage all students to seek support from the many resources that can help them meet their academic potential. Reflect on the challenges you identified earlier and your responses so far, and think about some positive changes and specific goals you can work towards this semester. Use the SMART framework to help create these goals:

- **Specific:** What exactly do you want to accomplish?
- **Measurable:** How will you know when you've achieved it?
- **Achievable:** Is this goal realistic given your current circumstances?
- **Resources:** What resources, tools, or support will help you achieve this goal?
- **Time-Bound:** When will you complete this goal?

Academic and Student Life Resources:

- **Hartford:** <https://hartford.uconn.edu/academics/resources-services/>
- **Stamford:** <https://stamford.uconn.edu/academics/resources-services/>
- **Storrs:** <https://advising.uconn.edu/>

One of your goals as an Honors student is to improve your GPA or academic habits. Meeting with an Academic Success Advisor (students on Academic Notice) and/or Honors Stay Whelmed advisor is a great first step.

In addition, set two SMART goals for this semester:

Goal #1 (Academic)

Goal #2 (Academic or Personal)

Finally, what additional topics or resources would you like to talk about in your Stay Whelmed meeting with an Honors staff member?

Select all that apply.

- Time Management Skills
- Career Options
- Personal Well-Being
- Major Change
- Honors requirements
- Mental Health Resources
- Adjusting my Spring schedule or potentially repeating a course
- Campus Resources
- Study Skills
- Other (describe topics):

Please share any additional comments, information, or concerns that you think are important for your advisor to know as they help you build a success plan.