My Success Plan

I decided to attend Cal Poly because:

_________________________________________________________________________

_________________________________________________________________________

When I first arrived at Cal Poly, I felt:

_________________________________________________________________________

_________________________________________________________________________

My favorite part of Cal Poly is:

_________________________________________________________________________

_________________________________________________________________________

During my time at Cal Poly, I am most looking forward to:

_________________________________________________________________________

_________________________________________________________________________

Creating S.M.A.R.T. Goals

<table>
<thead>
<tr>
<th>SMART Goals</th>
<th>Goal</th>
<th>Improved Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Goals should be <strong>specific.</strong></td>
<td>I will stop procrastinating</td>
<td>I will complete my assignments by the day before it is due.</td>
</tr>
<tr>
<td>Goals should be <strong>measurable</strong></td>
<td>I will do well in my classes.</td>
<td>I will earn a 3.00 GPA this year with no grade below B.</td>
</tr>
<tr>
<td>Goals should be <strong>attainable.</strong></td>
<td>I will go to my professor’s office hours every day.</td>
<td>I will go to my professor’s office hours a minimum of 5 times next quarter.</td>
</tr>
<tr>
<td>Goals should be <strong>relevant.</strong></td>
<td>I will call my parents more often.</td>
<td>I will tell my parents about my academic goal and check in with them every week with an update. This will keep me more accountable.</td>
</tr>
<tr>
<td>Goals should be <strong>time bound.</strong></td>
<td>I will graduate.</td>
<td>I will graduate in four years by taking 16 units a quarter</td>
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</table>
I will also complete at least three of the following action steps before Week 5 of Spring Quarter:

- Go to Office Hours every week for the following classes: __________________________________
- Study in/at the __________ for ______ hours per week.
- Create a calendar/schedule to keep me on track with attending classes & completing assignments.
- Attend ALL lectures/labs for all of my classes.
- Meet with my Academic Advisor in my College/Department.
- Go to Counseling Services to get support with personal issues.
- Go to the Financial Aid Office to explore options for alleviating financial stress.
- Limit work hours to ________ per week.
- Refrain from social outings/parties if I haven’t completed my homework/reading for that week.
- Refrain from TV, Facebook, Video Games, etc until homework/reading is complete for the day.
- Use time on campus between my classes to study/read.
- Review notes before and after every lecture.
- Reach out to a club that I am interested in.
- Dedicate time to resolving roommate issues and conflicts.
- Tell my close friends that I need to focus more on school and ask for their support.
- Go to tutoring for __________.
- Make an appointment with Career Services to discuss potential major/career options and what I am interested in.
- Develop an overall wellness approach (exercise, healthy eating, etc.) to incorporate into my schedule.
- Set up an appointment with the Disability Resource Center.
- Visit the Writing and Rhetoric Center to get help with my assigned papers and essays.
- Other: ________________________________

Challenges: (What could stop/de-motivate me along the way?)
1. __________________________________________
2. __________________________________________

Ways to overcome my challenges:
1. __________________________________________
2. __________________________________________

Who’s got your back? (The person(s) in my life that I will share my action plan with and ask to help keep me accountable for accomplishing my goal & action steps)

____________________________________________ _______________________________________

I am fully committed to completing this success plan this quarter.

SIGN: ______________________________________ DATE: __________

You will receive an email with a post-survey during Week 5 from your coach. Once you have completed this survey, your requirements with the First Year Success Program will be fulfilled.