

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

SMART Goals	Goal	Improved Goal
Goals should be specific .	I will stop procrastinating	I will complete my assignments by the day before it is due.
Goals should be measurable so that you can assess whether you've met your goal.	I will do well in my classes.	I will earn a 3.00 GPA this year with no grade below B.
Goals should be attainable . Draft realistic goals that challenge you	I will go to my professor's office hours every day.	I will go to my professor's office hours a minimum of 5 times next quarter.
Goals should be relevant . Make sure each goal is consistent with other goals you have established and fits with your immediate and long-range plans.	I will call my parents more often.	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.
Goals should be time bound . Give yourself time to achieve your goals.	I will graduate.	I will graduate in four years by taking 16 units a quarter

SPRING QUARTER GOAL:

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.