Please complete as much of this packet as you can prior to your intake appointment. One of our counselors will help you with any areas where you need assistance.

**Section 1: Student Information**

Name _______________________________  Banner ID ______________________

Bravemail Address _______________________  Cell Phone ____________________

What is your preferred method of contact?  ☐ Email  ☐ Phone  ☐ Text Message

Major(s) ___________________________________  Minor(s) ____________________

Who is your academic advisor? _____________________________________________

Previous Semester (Term) GPA _____________  Cumulative GPA _____________

Student Status ☐ Freshman  ☐ Sophomore  ☐ Junior  ☐ Senior  ☐ Other _______

Which of the following were you awarded?

☐ Scholarships  ☐ Federal Aid  ☐ Neither  ☐ Both  ☐ Not sure

Have you changed your major?  ☐ Yes ☐ No

Are you a transfer student?  ☐ Yes ☐ No

Are you a veteran?  ☐ Yes ☐ No

Are you the first person in your family to attend college?  ☐ Yes ☐ No

Are you living on campus?  ☐ Yes ☐ No

Have you successfully completed Freshman Seminar?  ☐ Yes ☐ No
Which of the following campus resources have you used to help you be a successful student? Please select all that apply.

☐ Academic Advisor ☐ Academic Support Center
☐ Advising Center ☐ Academic Support Center
☐ Professor/Instructor __ STAR Program
☐ Accessibility Resource Center (ARC) __ UNV 1100
☐ TRIO Programs __ Tutoring
☐ Career Center __ Resource Learning Lab
☐ Counseling and Psychological Services (CAPS) __ Writing Center
☐ Other

The following questions are intended to help you reflect on your own personal situation as you begin to make a plan for your academic success.

I was motivated to pursue a college degree because
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

This is how I plan to use my college degree after graduation: ______________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

My best academic experience at UNCP has been
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

Things I find most challenging in college include ______________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

Spring 2016
### Section 2: Course Schedule and Availability

<table>
<thead>
<tr>
<th>Course Number</th>
<th>Meeting Days &amp; Times</th>
<th>Credit Hours</th>
<th>Previous grade (if repeating course)</th>
<th>Target grade</th>
</tr>
</thead>
<tbody>
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</tbody>
</table>

You may choose to print a copy of your schedule in Braveweb and attach it to the intake packet instead of entering it above.

Total number of credit hours you are taking this semester _________
Please note that students on academic probation are not permitted to enroll in more than 13 credit hours.

Semester/term GPA needed to raise my cumulative GPA to a 2.0 ____________

Do you have, or plan to have, a job this semester?  ☐ Yes  ☐ No
If applicable, please indicate the number of hours per week you will be working.
If you have a regular work schedule, please include that below.
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

List ALL other commitments that you have this semester and estimate the number of hours you expect to spend on each activity. Please include athletics, sororities/fraternities, clubs/organizations, religious activities, etc. If any of these activities have regular meeting times, please indicate that below.
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
### Section 3: Requirements for Students on Academic Probation

<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is your academic advisor aware that you have been placed on academic probation?</td>
<td>Yes  No  Not sure</td>
</tr>
<tr>
<td>Are you required by your major department to develop a plan to improve your academic performance during your probationary term?</td>
<td>Yes  No  Not sure</td>
</tr>
<tr>
<td>Have you met with your academic advisor to discuss the conditions of your academic probation?</td>
<td>Yes  No</td>
</tr>
<tr>
<td>Have you read and do you understand the Undergraduate Grading and Academic Eligibility policies found in the UNCP Academic Catalog?</td>
<td>Yes  No</td>
</tr>
</tbody>
</table>

Please write any questions that you have about these policies in the space provided below. You will have an opportunity to discuss these with your counselor during the intake appointment.

____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
Section 4: Assessment of Factors Limiting Success

Directions: Check each item that, in general, has limited your success. Place a star (*) by the issues that have had the greatest impact. This will assist you with completing Section 5.

Goals and Direction
☐ Unsure of interests
☐ Undecided major
☐ Overall lack of motivation
☐ No clear career goals
☐ Not sure that I want to be in college
☐ Not sure if current major is right for me
☐ Not sure UNCP is the right university
☐ Other ______________________________

Time Management and Organization Skills
☐ Overall difficulty managing time
☐ Fall behind in reading and class work
☐ Submit assignments late
☐ Procrastinate on course assignments, test prep, etc.
☐ Lose or cannot find important class information, papers, etc. when needed
☐ Poor organizational skills
☐ Spend too much time on leisure/personal activities
☐ Work too many hours
☐ Waste time on low priority activities
☐ Make daily to do lists but don’t follow through
☐ Other ______________________________

Did you use a daily planner or other type of time management tool last semester? ☐ Yes ☐ No
If yes, what type? ______________________________
Were you able to stay organized and use your time effectively using this planner/tool? ☐ Yes ☐ No

Academic Issues
☐ Lack of general study skills
☐ Little or no class participation
☐ Do not follow a study plan
☐ Inadequate test preparation
☐ Do not use a designated study area
☐ Test taking or test anxiety issues
☐ Difficulty understanding textbook readings
☐ Study but cannot pass tests
☐ Spend too much time on reading assignments
☐ Poor attitude toward class and/or professor
☐ Little or no preparation before class
☐ Do not meet with instructor for help
☐ Poor in-class note-taking skills
☐ Other ______________________________

In which two classes did you struggle the most during your most recent semester? What grades did you earn in each class?
__________________________________________________________________________________
_________________________________

Class Attendance
Please indicate your overall pattern of class attendance during the most recent semester:
☐ 90-100% ☐ 75-89% ☐ 50-74% ☐ 25-49% ☐ Less than 25%

Did your attendance vary depending on what time it was, how you were doing, if you liked it, etc.? ☐ Yes ☐ No

Personal Issues
☐ Physical illness or injury
☐ Financial circumstances
☐ Dating or other relationship issues
☐ Housing or roommate issues
☐ Lack of social connection on campus
☐ Difficulty meeting people, making friends
☐ Homelickness
☐ Multicultural/diversity issues
☐ Communication with family
☐ Family commitments and responsibilities
☐ Use of alcohol and/or other substances
☐ Amount and quality of sleep
☐ Feel stressed, anxious
☐ Feel “blue” much of the time
☐ Spiritual issues
☐ Other ______________________________
Section 5: Analysis of Academic Performance

Complete the self-assessment in Section 4 before completing this chart.

<table>
<thead>
<tr>
<th>Factor</th>
<th>Briefly explain how each factor impacted your academic performance and if it was within your ability to control.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Motivation, Attitude, and Goals</td>
<td></td>
</tr>
<tr>
<td>Time Management and Organizational Skills</td>
<td></td>
</tr>
<tr>
<td>Class Preparation, Attendance, and Participation</td>
<td></td>
</tr>
<tr>
<td>General Study Habits and Test Taking Skills</td>
<td></td>
</tr>
<tr>
<td>Non-Academic Activities and Commitments</td>
<td></td>
</tr>
<tr>
<td>Personal Issues (Health, Financial, Family, Emotional, etc.)</td>
<td></td>
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<tr>
<td>Other</td>
<td></td>
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</tbody>
</table>
Think about the courses you have taken. Which of those did you really enjoy? In which courses did you do well? In which courses could you have improved? What factors contributed to your success, enjoyment, and/or performance in the classroom? Use this worksheet to highlight three of the courses in each category.

Please print a copy of your Academic Transcript from Braveweb > Banner Self Service and bring it with you to your intake appointment.

<table>
<thead>
<tr>
<th>Courses in which I did well or enjoyed the most</th>
</tr>
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<tbody>
<tr>
<td>Course</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Courses in which I could have improved</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course</td>
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<tr>
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</tbody>
</table>

Section 6: Academic History
Section 7: Semester Goals and Action Plan

Use this section to develop at least three personal and/or academic goals to accomplish this semester. Decide what you need to do to accomplish each goal by creating an action plan. As a final step, think about the challenges or obstacles you might encounter that would interfere or prevent you from accomplishing your goals and decide how you can overcome them.

You may choose to complete this section with a counselor during your intake appointment.

<table>
<thead>
<tr>
<th>Goal #1</th>
<th></th>
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<tbody>
<tr>
<td>Action Plan: how will I achieve this goal?</td>
<td></td>
</tr>
<tr>
<td>Obstacles that I may face</td>
<td></td>
</tr>
<tr>
<td>Strategies for overcoming obstacles</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Goal #2</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Action Plan: how will I achieve this goal?</td>
<td></td>
</tr>
<tr>
<td>Obstacles that I may face</td>
<td></td>
</tr>
<tr>
<td>Strategies for overcoming obstacles</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Goal #3</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Action Plan: how will I achieve this goal?</td>
<td></td>
</tr>
<tr>
<td>Obstacles that I may face</td>
<td></td>
</tr>
<tr>
<td>Strategies for overcoming obstacles</td>
<td></td>
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</tbody>
</table>
Section 8: Academic Support Resources

I plan to use the following resources to support my plan:

☐ Academic Advisor  ☐ Academic Support Center
☐ Advising Center  ☐ __ STAR Program
☐ Professor/Instructor  ☐ __ UNV 1100
☐ Accessibility Resource Center (ARC)  ☐ __ Tutoring
☐ TRIO Programs  ☐ __ Resource Learning Lab
☐ Career Center  ☐ Writing Center
☐ Counseling and Psychological Services (CAPS)  ☐ Military and Veteran Services
☐ Other ____________________________  ☐ Mary Livermore Library

______________________________________________________________________________
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Explanation of how I will use these resources to reach my academic and personal goals this semester: __________________________________________________
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Section 9: STAR Program Options

You have the option of participating in individual sessions or group sessions; or you may request to participate in both. Students will be sorted into groups by greatest area(s) of need, according to intake and assessment results.

You will have an opportunity to discuss each of these options with a counselor during your intake appointment. Please wait to make your selection.

**I would like to participate in the following STAR Program activities:**

- [ ] Weekly group meetings
- [ ] Individual meetings (8 per semester)
- [ ] Both group and individual meetings
- [ ] I do not want to participate in any STAR Program activities. I agree to complete the assessments at the beginning and end of the semester.

Student Signature ______________________________ Date ____________
Counselor Signature ______________________________ Date ____________

If you have any questions about this paperwork or need to schedule an appointment, please contact:
Courtney Walters, MA, LPC, NCC
Student Academic Support Coordinator
Academic Support Center
DF Lowry Building, Room 320
Phone: 910-775-4408
http://www.uncp.edu/asc
courtney.walters@uncp.edu
Assessments

This section will be completed by a STAR Program Counselor

Learning and Study Strategies Inventory (LASSI)
Completion Date ________________  Completion Date ________________

College Self-Efficacy Inventory (CSEI)
Completion Date ________________  Completion Date ________________

Meeting Dates

<table>
<thead>
<tr>
<th>Group Sessions</th>
<th>Individual Sessions</th>
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