



# PALO VERDE COLLEGE

WHERE KNOWLEDGE TAKES ROOT AND OPPORTUNITY GROWS

## Back to Success Workshop

You are attempting this workshop due to your academic and/or progress status. We are concerned about your success at Palo Verde College and are dedicated to helping you return to an academic status of **Good Standing**. This workshop will enable you to identify obstacles impeding your success and solutions for achieving your educational goals, **and is mandatory for you return signed to your assigned counselor.**

The following information explains the levels and processes of notice:

**Academic Notice 1 (A1)** is identified as:

After earning twelve or more units at Palo Verde College, a student shall be placed on Academic Notice 1 when their grade point average falls below 2.0 for all work attempted.

**Progress Notice 1 (P1)** is defined as:

After earning twelve or more units at Palo Verde College, a student shall be placed on progress notice when fifty percent or more of their grades have been received in non-evaluative symbols ("W", "I", or "NC").

**Academic Notice 2 (A2)** is defined as:

After two consecutive semesters at Palo Verde College (not including summer) with a cumulative grade point average (GPA) below 2.0, a student shall be placed on academic notice 2.

**Progress Notice 2 (P2)** is defined as:

A student shall be placed on progress notice 2 after two consecutive semesters at Palo Verde College (not including summer) when fifty percent or more of their grades have been received in non-evaluative symbols ("W", "I", or "NC").

**Academic Notice 3 (A3)** is defined as:

After three consecutive semesters at Palo Verde College (not including summer) with a cumulative grade point average (GPA) below 2.0, a student shall be placed on academic pause.

**Progress Notice 3 (P3)** is defined as:

A student shall be placed on progress notice 3 after three consecutive semesters at Palo Verde College (not including summer) when fifty percent or more of their grades have been received in non-evaluative symbols ("W", "I", or "NC"), a student shall be placed on academic pause.

**Pause** is defined as:

After three consecutive semesters at Palo Verde College (not including summer) with a cumulative GPA below 2.0 **and/or** when fifty percent of their grades have been received in non-evaluative symbols ("W", "I", or "NC"), a student may be paused for one semester.

# Obstacles & Solutions

## Obstacles

### Time Management

Too much TV/Internet  
Too much social life  
Overextended in my \_\_\_\_\_  
Use my cellphone too much  
Other \_\_\_\_\_

### Family

Parent interference/ pressure  
Spouse/ children issues  
Household obligations  
Pregnancy  
Physical abuse  
Relationship problems  
Divorce or separation  
New marriage  
New independent status  
Family health problems  
Other \_\_\_\_\_

### Financial

Worried about money  
Financial aid requirements  
Spouse not working  
Debts  
Time limit on school funds  
Other \_\_\_\_\_

### Work Related

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

### Personal

Stressed all the time  
Roommate problems  
Relationship worries  
Cultural pressures  
Loss of a family member or friend  
Loneliness  
Being single  
Depression  
Socially uncomfortable  
Substance abuse  
Rape or assault  
Health/ medical worries  
Illness  
Housing products  
Value conflicts  
Dislike PVC  
Demanding church  
Commitment  
Commuting  
Negative attitude  
Other \_\_\_\_\_

### Fear

Failure  
Not being perfect  
Accomplishments  
Pressures  
Commitments  
Making decisions  
Making mistakes  
Tasks too difficult  
Other \_\_\_\_\_

### Degree Requirements

Core requirements  
Academic Policies  
GPA requirements  
Parental pressures  
Other pressures  
Classes unavailable  
Selecting a career or major  
Other \_\_\_\_\_

### Academic/Study Skills

Learning disability  
Poor study habits  
Poor note-taking skills  
Poor concentration  
Poor time management  
Poor study environment  
Ineffective study time  
High anxiety  
Inferior preparation  
Inadequate reading skills  
Inadequate writing skills  
Inadequate math skills  
Unhappy with instructor  
Impersonal instructor  
Impersonal staff  
Poor academic advising  
Previous failure  
Unclear educational goals  
Other \_\_\_\_\_

## Solutions

### Time Management

Set goals  
Reward yourself  
Say no!  
Use a to-do list  
Time management workshop  
Turn cellphone off  
Other \_\_\_\_\_

### Family

Discuss goals  
Attend to children first, then require solitude  
Develop a routine  
Delegate duties at home  
Take family to get medical help

Learn how to communicate and listen  
Attend parenting classes  
Attend family or marriage counseling  
Obtain family planning help  
Other \_\_\_\_\_

### Financial

See a financial planner  
See a tax accountant for deductions  
Contact financial aid about grants  
Explore credit for prior learning options  
Consider part-time schooling  
Develop a degree plan  
Other \_\_\_\_\_

### Work Related

Get a different job  
Develop problem solving skills  
Find a job  
Spouse gets a job  
Change positions within company  
Reduce work hours  
Quit job  
Other \_\_\_\_\_

### Personal

Get personal counseling  
Attend group counseling  
Visit a medical doctor  
Join a club or organization  
Read self-help books  
Listen to motivational tapes  
Develop problem solving skills  
Take semester off while working out problems  
Say NO!  
Other \_\_\_\_\_

### Degree Requirements

Consult with counselor  
Consult a student success advisor  
Consult with a family member  
Change majors  
Change schools  
Other \_\_\_\_\_

### Academic/ Study Skills

Get a tutor  
Visit with professors  
Change study environment  
Form a study group  
Change instructors next term\*  
Ask questions  
Get career counseling  
Know drop deadlines and procedures  
Make an appointment to see a ARC (DSPS) Counselor  
Other \_\_\_\_\_



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## Obstacles & Solutions Worksheet

Name: \_\_\_\_\_ ID #: \_\_\_\_\_

Answer the following questions:

1.) What educational goals do you want to accomplish at CHC?

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2.) List the significant obstacles that led you to probation and how they are interfering with your academic success.

Obstacles	How does this obstacle interfere with your academic success?
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1.	
2.	
3.	
4.	

3.) List up to four solutions for each of the obstacles listed above:

Obstacle	Solutions #1	Solutions #2	Solutions #3	Solutions #4
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1.				
2.				
3.				
4.				

4.) List the four most viable solutions you are willing to do, how they will help you, and what additional problems may result:

Solutions:	How this solutions will help me? (i.e. Which obstacle will it confront?)	What additional problems may result? (i.e. Will it be worth the cost?)
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1.		
2.		
3.		
4.		

5.) Using your solutions, write down what changes you plan to make and by when?

1. \_\_\_\_\_ By: \_\_\_\_\_

2. \_\_\_\_\_ By: \_\_\_\_\_

3. \_\_\_\_\_ By: \_\_\_\_\_

4. \_\_\_\_\_ By: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date \_\_\_\_\_