



In reviewing your academic performance, what obstacles have impacted your grades? Please check all that apply. We recognize some of the factors listed below are rather personal. The intent of the questions is to encourage true self-reflection that will identify the changes needed to positively impact your academic performance.

- Ineffective study skills/unprepared for exams
- Undeveloped time management skills
- What worked in high school does not work anymore
- Difficult classes/not prepared for course level
- Unable to understand course content/relevance
- Unable to understand professor/conflict with professor
- Hard to concentrate/daydreaming
- Registered for too many classes
- Did not attend/skipped class
- Other

- Financial difficulties
- Health problems
- Hard to get out of bed in the morning
- Use or abuse of alcohol or other substance(s)
- Possible learning disability
- Difficulty sleeping at night
- Pressure, stress, anxiety or tension
- Over-involved with extra-curricular activities
- Lack of Motivation
- Other

- Uncertain about major
- Changed major one or more times
- Not clear career goals
- Not sure why I am in school
- USM may not be the place for me
- Other

- Working too much
- Roommate or relationship issues
- Personal/family situation
- Moved away from home/homesick
- Difficulty adjusting to college life
- Hard to make friends/loneliness
- Other

Please explain in detail the three most significant obstacles that affected your academic performance.

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If you had a previous academic contract, did you meet your last contract GPA?      Yes      No      N/A

Explain

Last semester enrolled at USM

Total attempted hours

Southern Miss GPA

Note: Professional Advisor, please attach a DPR and an unofficial transcript.

DPR

Think about a plan of action for getting the next semester off to a successful start. Include meetings with your advisor and instructors and utilizing campus resources such as the Center for Student Success, university counseling services, and departmental support courses.

Advising Resources (tutoring, professor office hours, etc.)

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