

Name: _____

ID: _____

Follow-up Appointment: _____

Advisor: _____

Advising Office Phone Number: (541)346-3211

Advisor Email: _____



GRADE FIRST AID

Strategies for a Successful College Experience

www.gradefirstaid.wordpress.com

Program Description

This program is designed to help you achieve academic success at the University of Oregon. Your participation will give you tools and techniques to be a successful college student. Throughout your participation in this program, we will encourage you to seek out campus resources, reflect on your academic career, and develop strategies for optimizing your academic success.

Program Outline

Due to your academic performance fall quarter, a hold was placed on your spring registration. In order to register for spring quarter you will need to complete the following:

- Group Workshop (Offered weeks 2-3)
- Campus Resource Visit (To be completed during weeks 3-6)
- Campus Resource Visit Worksheet (Following your visit, completed by your appointment)
- Questionnaire (Complete prior to your appointment)
- One-on-one appointment with your advisor (Available weeks 4-8)
 - Schedule your appointment by calling 541-346-3211 during business hours
 - Bring your completed Campus Resource Visit Worksheet and Questionnaire
 - Please also bring the packet you will receive at the group workshop

Questions?

If you have any questions, please contact Becca Schulze at bschulze@uoregon.edu or Meghan Farrier-Nolan at mfarrier@uoregon.edu or your assigned academic advisor. You can call the Office of Academic Advising at (541) 346-3211 anytime to schedule an appointment with your advisor. You are not limited to one appointment. See us as often as you'd like.

The program is accessible to individuals with disabilities. If you require accommodations please contact Becca Schulze or Meghan Farrier-Nolan by phone at (541)346-3211 or email bschulze@uoregon.edu / mfarrier@uoregon.edu.

Name: _____

ID: _____

Worksheet: Campus Resource Visit

Please choose one of the following resources to visit and utilize their services:

<p>Teaching and Learning Center <i>Math and writing labs; tutoring; study skills workshops and courses</i></p>	<p>68 PLC 346-3226 http://www.tlc.uoregon.edu/</p>	<p>Drop-in Math and Writing Labs: 9am – 4pm, M – F Drop-in Study Skills: 10am – 12pm, T – R One on one Appointments: Call ahead or drop by to schedule Workshops offered Week 4: Check website for details</p>
<p>Career Center <i>Career exploration, resumes, interviewing, jobs and internships</i></p>	<p>220 Hendricks Hall 346-6038 http://career.uoregon.edu/</p>	<p>Drop-in Advising: 11am – 4pm, M – F One on one Appointments: Call ahead or drop by to schedule Check website for Workshops</p>
<p>Counseling Center <i>Individual/group counseling & therapy, community referrals</i></p>	<p>2nd Fl. Health Center 346-3227 http://counseling.uoregon.edu/dnn/</p>	<p>One on One Appointments: Call ahead or drop by to schedule Check Website for Workshops</p>
<p>Disability Services <i>Support and services for students with documented disabilities</i></p>	<p>164 Oregon Hall 346-1155 http://ds.uoregon.edu/</p>	<p>One on One Appointments: Call ahead or drop by ASAP to schedule</p>
<p>Office of Multicultural Academic Success (OMAS) <i>Services and support for students of color</i></p>	<p>164 Oregon Hall 346-3479 http://pages.uoregon.edu/omas/</p>	<p>One on One Appointments: Call ahead or drop by to schedule Writing and Math Tutoring: Check website for hours</p>
<p>Office of the Dean of Students <i>Student conduct, LGBTQQA resources, conflict resolution, non-traditional student programs</i></p>	<p>164 Oregon Hall 346-3216 http://studentlife.uoregon.edu/</p>	<p>One on One Drop-in Appointments: 1pm – 5pm, M – F</p>

After choosing a resource, review your homework assignment on the reverse of this sheet before your visit!

Name: _____

ID: _____

Worksheet: Campus Resource Visit

***Before your meeting, write down two or three questions that you would like to have answered during your visit:**

1. _____

2. _____

3. _____

***After your meeting, please answer the following questions that will later be discussed between you and your advisor. [You do not need to disclose any personal information. If you choose to do so, it will be confidential.]**

Office Visited: _____

Date of Visit: _____

Did you get your questions answered?

What did you learn?

How do you plan on using what you learned for the rest of the year?

Please bring this with you to your 1 on 1 academic advising appointment!

Questionnaire

To help facilitate a discussion about your academic success, please complete this questionnaire BEFORE you meet with an advisor. Make sure you give this form to your advisor.

Student name: _____

ID number: _____

1. What best describes your gender identification?

- Female Male Other Decline to Respond

2. What best describes your racial/ethnic identification?

- African American/Black Asian/Pacific Islander Latino/Latina Middle Eastern
 Native American Caucasian, Non-Hispanic Multiracial Other Decline to respond

3. Are you the first person in your immediate family to go to college?

- Yes No

4. Where do you live?

- With my parents UO Residence Hall Fraternity/Sorority House
 Co-op Off-campus Housing Other

5. Did you attend IntroDUCKtion or Week of Welcome?

- IntroDUCKtion (July) Week of Welcome (September) Neither

6. Were you or are you currently involved in a First Year Program?

- FIG Freshman Seminar Neither

7. Have you seen an academic advisor since the beginning of fall quarter?

- Yes No If yes, where _____

8. In which of the following study skills do you need improvement? (Check all that apply)

- Class attendance
 Organization
 Effective study techniques
 Time management
 Accessing resources
 Other _____
 None of these

9. Have commitments outside of school impacted your academic performance? (Check all that apply)

- Work/employment, hours per week _____
 Organized team sports
 Family commitments
 Other _____
 None

