WHAT'S HOLDING YOUR GPA BACK?

Experiencing academic difficulty? Reflect on why that may be

- Too many commitments? (jobs, clubs, etc)
- Lifestyle problems? (nutrition, sleep, exercise, drugs, alcohol)
- Poor class attendance? Not paying attention in class?
- Financial difficulties?
- Unhealthy relationships?
- No interest in your courses/program?
- Too heavy course load?
- Difficulty understanding professor?
- Not seeking out tutoring or supplemental instruction for the class?

REFLECT AND CHANGE

What were the main challenges that led to a lower GPA?

What changes are within your control to improve your GPA?

Reflect on where you could use help (time and stress management, choosing a major, study skills, personal problems, motivation) and make a plan addressing these problems.

Seek out the resources and services that can help you raise your GPA