How to get back on track...

Life happens and you may find yourself in a situation where your grades are not as good as you want them to be. Don’t give up! An increase of one letter grade can make a big difference in your overall GPA and make you more competitive for your transfer institution.

TIP: It is easier to increase your grade from a 79 (high C) to an 80 (B) rather than a 71 (low C) to an 80 (B). Your grades and see what you can do to change those B’s into A’s, C’s into B’s and D’s into C’s.

Here are some strategies to get back on track with your courses:

1. **Attend all your classes** unless you are sick or have arranged an excused absence.
2. **Meet with your instructors** to discuss your current grade, study techniques and how to improve.
3. **Make a To-Do list** of all things undone. Block off time to complete important tasks on your to-do list. Get caught up - You will feel much better about yourself.
4. **Meet with an Academic Counselor (SS 120)** to review your grades and strategies for passing your courses.
5. **Use Tutoring!** Math Lab (IDC 102), Gateway (ECC 33), Cartwright Learning Resource Tutoring Center (CLRC 120), The Writing Center (CLRC).
6. **Use a Planner** to write down assignment due dates. Block off study time using the “2 to 1” Guideline - For every hour of class, commit to spending 2 hours on homework for that class)
7. **Attend a Learning Skills Workshop** at the Gateway Center (ECC 33) or Cartwright Learning Resource Center (CLRC 120) where you can learn about Time Management, Overcoming Procrastination, and Study Skills.
8. **Make School your #1 Priority** - Eliminate partying during school week.
9. **Seek out help** even if you are not used to asking for help - Get out of your comfort zone.
10. **Study Regularly.** It is much better to study 24 one hour individual sessions than cram for 24 hours. Also, consider forming a study group as students who use study groups are more successful in college.

Stay “In the Know”
The Academic Counseling Team