



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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