

Please make sure that you print out these sheets and bring them with you to the appointment where you will be discussing your Special Probation status with an Academic Standards Board member.

Special Probation Issues Exploration Form

Part I. If you are reading this page you are at the beginning of a process that we hope will culminate in you moving on to a more successful academic path here at the University of Michigan. The Board feels that this is a good time for you to take a few moments and reflect on how you came to this point in an effort to work on preventing a similar occurrence during your time here. Read the following list and circle all of the items that you feel help to explain how you wound up on Special Probation. Once you are done, please place a check mark next to the items that you feel **most** contributed to your low grades this past semester.

Academic

- Lack of adequate study skills
- Poor application of study skills
- Poor high school preparation
- Did not manage your time well
- Did not know how to use a schedule effectively
- Unhappy with the teaching skills of your instructors
- Instructor seemed to be negatively inclined toward you
- Unable to understand the course materials
- Took too heavy a course load
- Could not afford to get all or some course materials
- Did not have course materials
- Possible learning disability

Family/Social

- Adjustment to the United States
- Adjustment to the Midwest/cold climate
- Adjustment to UM
- Adjustment to Ann Arbor
- Homesick
- Separation from home, family& friends
- Housing, roommate issues
- Home or family problems
- Trouble making friends
- Relationship issues – platonic
- Relationship issues – romantic (local, long distance)

Career/Concentration

- Difficulty choosing a concentration(s)
- Unsure of choice of concentration
- No clear career goals or plans
- Unsure of what I want to do after college
- Unsure of interests, skills and abilities

- Not aware of the Career Center and its resources
- Not able to pursue initial career goals for academic reasons
- Not able to pursue desired career goals due to parental pressure
- Difficulty handling current pre-professional coursework

Personal

- Financial difficulties – no access to adequate resources
- Financial difficulties – debt related
- Physical illness, health problems, injury
- Use of alcohol or other substance abuse
- Pressure, stress, tension, anxiety
- Loneliness, lack of emotional control
- Can't find meaning for anything
- Motivational issues
- Identity formation/transformation issues
- Conflicts with social obligations/activities
- Excessive time spent on internet or playing video games
- Slept a lot/too little
- Depression/anxiety
- Other mental health difficulties
- Had to work too many hours

Part II. Now take a moment to tell us your story. In narrative form write in 500 words or less how you feel you came to be placed on Special Probation.