

Announcements [This is what students will see when they first enter the course.]

The Academic Success Modules consists of four modules and a "Welcome" module (Module 0).

- Module 0: Welcome
- Module 1: Academic Policy & Probation
- Module 2: Improving Your GPA
- Module 3: UT Resources
- Module 4: What's Next?

To begin the course, please click on the "Modules" button on the left navigation menu to start Module 0.

Module 0: Welcome

Topic 1: Welcome

[Video will go here]

After viewing the video, please answer the survey question that follows.

By the end of Module 0, you will have an overview of what you can expect from this online workshop.

Topic 2: Reflection (ungraded)

Thinking about your most recent semester at UT, what do you think contributed the most to you being placed on academic probation? Please be as honest as possible as your academic coach will use your response to try to recommend strategies and resources that will help you get back to good academic standing.

Module 1: Academic Policy & Probation

Topic 1: Introduction

UT and the Student Success Center's staff know you are talented and bright students for whom academic struggle is new. Your capabilities are not the issue. Still, something happened - maybe there were internal or external causes for you being placed on probation. Perhaps there was a combination of both. You thought a bit about the reason in Module 0. Keep your response in mind as you complete this module and the other three that follow. Whatever the cause of your being placed on academic probation, you should know that it is possible to rebound and graduate from UT.

By the end of this module, you will be able to identify your academic standing and the grade point average requirements you need to return to good standing.

Topic 2: GPA Types

Types of grade point averages

In order to understand the different types of academic standing, it is important to know the different types of grade point averages (GPAs).

Term GPA

- Includes only grades you earn this semester
- You need a 2.0 or higher this term

Cumulative GPA

- Includes all grades you have earned at UT
- Does not include transfer grades

Topic 3: Academic Standing

Academic Standing

There are three types of academic standing:

- Good Standing
- Probation
- Dismissal

Good Standing

All students start out in Good Standing and will remain in Good Standing if they maintain a term and cumulative 2.0 or higher GPA.

Probation

You have been placed on academic probation because either you have

- a cumulative GPA below a 2.0 or
- two consecutive terms below a 2.0 even if your cumulative GPA is above a 2.0

Dismissal

If you do not improve your GPA, it is possible to be dismissed from UT. This would happen while you are on academic probation and both your cumulative and term GPA fall below a 2.0.

Further, there are three levels of dismissal:

1st Dismissal: One semester suspension (Fall or Spring)

- Dismissed Fall, then return Summer
- Dismissed Spring, then return the following Spring

2nd Dismissal: One year suspension

- Must earn 2.5 GPA in 12 hours at community college
- Readmission not guaranteed

3rd Dismissal: Permanent suspension

Topic 4: Financial Aid

Financial Aid Considerations

If you receive financial aid, being placed on academic probation can also affect your financial aid standing. Federal, state, and university regulations require you to show satisfactory academic progress (SAP) toward your degree. Your cumulative GPA and the amount of time it takes you to complete your degree are part of this policy. If you continue to struggle academically, you could be in danger of losing your financial aid.

If you have questions about the impact of your GPA upon your financial aid, see One Stop:

Online: <http://onestop.utk.edu/>

In person: ground floor of Hodges Library, Monday–Friday, from 8:00 a.m.–5:00 p.m.

By phone: (865) 974-1111

Via e-mail: onestop@utk.edu

[Fig. 1.1 Programs affected by SAP requirements]

Topic 5: Back to good standing

How to get back to good standing

You will be taken off academic probation when your cumulative GPA is 2.0 or higher and your term GPA is 2.0 or higher. (Keep in mind the university requires a minimum 2.0 GPA for graduation.) This means you should not earn grades below a C in any course. In fact, it would be wise to try to get A's and B's if possible as they will help not only your term GPA but your cumulative GPA as well. In the next module, we will discuss more specific strategies for how to improve your GPA and get back to good standing.

The graphic below illustrates what can happen at end of your first semester on academic probation depending on how you do.

[Fig. 1.2 What can happen at end of semester on probation]

Next up...

You will take a five-question quiz to demonstrate your knowledge of Module 1. When you are finished with the quiz, please click on the "Modules" button on the left main navigation menu to begin Module 2.

Quiz 1: Academic Policy & Probation

You will now check your understanding of the topics covered in Module 1. You must earn at least an 80 percent, and you may take the quiz as many times as necessary.

Question 1

How do students remain in good academic standing?

- a) Maintain a term and cumulative 2.0 GPA
- b) Earn a term 2.0 GPA
- c) Earn a cumulative 2.0 GPA
- d) Earn a term 2.0 GPA but fall below a 2.0 cumulative GPA

Feedback:

Correct!

Incorrect! Please review the section on [Academic Standing](#).

Question 2

What are the possible reasons for being placed on academic probation?

- a) a cumulative GPA below a 2.0
- b) two consecutive terms below a 2.0 *even if* your cumulative GPA is above a 2.0
- c) one term below a 2.0
- d) Both A and B

Feedback:

Correct!

Incorrect! Please review the section on [Academic Standing](#).

Question 3

Students who continue to struggle academically can eventually lose their financial aid.

- a) True
- b) False

Feedback:

Correct!

Incorrect! Please review the section on [Financial Aid](#).

Question 4

Which of the following would get you back to Good Standing?

Academic Success Modules

- a) Your cumulative GPA is 1.9 *and* your term GPA is 2.0 or higher.
- b) Your cumulative GPA is 2.0 or higher *or* your term GPA is 2.0 or higher.
- c) Your cumulative GPA is 2.0 or higher *and* your term GPA is 1.9.
- d) Your cumulative GPA is 2.0 or higher *and* your term GPA is 2.0 or higher.

Feedback:

Correct!

Incorrect! Please review the section on [Back to Good Standing](#).

Question 5

Your term GPA does not affect your cumulative GPA.

- a) True
- b) False

Feedback:

Correct!

Incorrect! Please review the section on [GPA Types](#).

Module 2: Improving Your GPA

Topic 1: Introduction

UT has high expectations for you:

- Complete your courses successfully
- Graduate promptly
- Check UTK email
- Read the catalog; know policies
- Engage resources
- Meet deadlines
- Clear holds responsibly
- Speak up and communicate
- Thrive and grow

One of the most straightforward expectations is to maintain a satisfactory level of academic achievement of which your GPA is a measure. In this module, we will give you a refresher of GPA basics and some strategies you can use to improve your grades so that your GPA is more aligned with the talented and successful student you are.

By the end of this module, you will be able to identify strategies for boosting your GPA.

Topic 2: The basics

Grades and Credit Hours

At the end of each course, you are assigned a grade reflecting your performance in the course. Passing grades carry a certain number of quality points per credit hour in the course.

[Fig 2.1 Undergraduate Grading Scale]

How to calculate your GPA

Your GPA is determined by dividing the total number of quality points you have accumulated by the total number of hours you have attempted.

These grades are not included:

- W, WP, WF, NR, P, S, NC
- I, IW, IC, IS, SI;
- Grades transferred from another institution

GPA calculators

The university offers a couple of GPA calculators you may find useful and want to bookmark:

- Calculate your GPA based on your hours and predicted grades
http://registrar.tennessee.edu/records/grades/gpa_calculator1.shtml
- What GPA you will need to raise your current GPA to your desired GPA
http://registrar.tennessee.edu/records/grades/gpa_calculator2.shtml

[Fig. 2.2 Example of GPA Calculation]

Topic 3: GPA strategies

Strategies to Improve Your GPA

Strategy #1 - Repeat Courses

One method to improve your cumulative GPA is to repeat courses that you earned a C- or below. (You cannot, however, repeat courses in which you earned a C or better.) Keep in mind no course may be attempted more than three times. If you are considering repeating a course, be sure to talk to your advisor since there are some other details related to repeating courses, especially at the 100-200 level. Finally, all grades for all courses, even those repeated, remain on your transcript.

[Fig 2.3 Good grades icon]

Strategy #2 – Earn good grades

This one may go without saying, but it bears repeating: good grades matter! You should aim for nothing less than a C in a course. If you feel you have gotten in over your head in a class and you are on probation, then it may be necessary to protect your GPA with a withdrawal (W), which means dropping (withdrawing from) a class between the 10th calendar day of the semester and through the 84th calendar day. Receiving a W does not affect the calculation of your GPA. Use this option carefully as you are allowed four single drops in the course of your academic career. While a W can help protect your GPA, it may have negative ramifications for students on financial aid SAP probation, as it counts as non-completion of a course. For these reasons, before dropping a course, see your academic advisor or an academic coach at the Student Success Center.

Strategy #3 – Choose the right classes

Your goal should be to get off of academic probation as soon as possible. (Remember, you will be taken off academic probation when your cumulative GPA is 2.0 or higher and your term GPA is 2.0 or higher.) With that being said, now's not the time to take Chemistry 100 if science is not your thing. Now is the time to play to your academic strengths. If you love to read and write, steer toward those types of courses. If you are good with numbers, steer in those directions. Electives and Gen Ed courses should be in line with your interests and strengths. Your advisor can help guide you to make these choices as well. Lastly, more is not necessarily better. While you may be tempted to take lots of hours to make up for last semester,

remember that right now, the quality of your grades is far more important than the quantity of your hours. Take fewer hours and make stronger grades.

Topic 4: Benefits

Benefits of Turning Your GPA Around Now

Financial aid

Attending UT costs money, and more than likely you receive monetary assistance to help pay for tuition. It is to your benefit to work hard to get off probation so that you don't lose scholarships and financial aid. You must make satisfactory academic progress (SAP).

As discussed in the previous module, the following programs are affected by SAP requirements:

- Tennessee scholarships
 - 2.75 or 3.00 for HOPE scholarship
 - Impacts other scholarship opportunities
- Federal financial aid
 - Pell Grants
 - Perkins Loans
 - Supplemental Educational Opportunity Grants
 - Work Study
 - Direct Loans (subsidized and unsubsidized)
 - PLUS Loans

Program of study

Another source of motivation for getting your GPA back on track has to do with your program of study. In most degree programs, you must earn a grade of C or higher to receive credit for a class in your major. For certain majors, you may need greater than a 2.0 GPA to declare or change your major. Communications, for example, requires a 2.5 GPA. See the Catalog or an advisor in your desired college for details on GPA requirements.

Activities

Many organizations, leadership opportunities, internships, jobs, and Greek life require beyond a 2.0 to participate. The sooner you turn your GPA around, the more doors you open for your social and professional life. Future employers look for candidates who are well rounded and invest themselves both in and out of the classroom.

Next up...

You will take a five-question quiz to demonstrate your knowledge of Module 2. When you are finished with the quiz, please click on the "Modules" button on the left main navigation menu to begin Module 3.

Quiz 2: Improving Your GPA

You will now check your understanding of the topics covered in Module 2. You must earn at least an 80 percent, and you may take the quiz as many times as necessary.

Question 1

If you are thinking about dropping a course, which of the following should you consider?

- a) Seeing an academic coach at the Student Success Center
- b) Seeing my academic advisor, as it may impact my academic plan
- c) Seeing a One Stop counselor, as it may impact my financial aid SAP status
- d) Any or all of the above

Feedback:

Correct!

Incorrect! Please review the section on [GPA Strategies](#).

Question 2

If you earn the following grades, what will your GPA be? (You may use this online [calculator](#) hyperlink:

http://registrar.utk.edu/records/grades/gpa_calculator1.shtml)

Course taken	Course hours	Grade earned	Quality points
English 101	3	A	12
Math 125	3	C	6
Spanish 211	3	B	9
Geography 131	4	B	12

- a) 3.25
- b) 3.00
- c) 3.50
- d) 2.75

Feedback:

Correct!

Incorrect! Please review the section on [The Basics](#).

Question 3

Which of the following would be good strategies to use to improve your GPA/

- a) Repeat courses
- b) Earn good grades – nothing less than a C
- c) Choose the right classes
- d) All of the above

Feedback:

Correct!

Incorrect! Please review the section on [GPA Strategies](#).

Question 4

Academic Success Modules

A withdrawal (W) affects your GPA.

- a) True
- b) False

Feedback:

Correct!

Incorrect! Please review the section on [The Basics](#).

Question 5

Some benefits of improving your GPA include being able to meet financial aid, program of study, and extracurricular requirements.

- a) True
- b) False

Feedback:

Correct!

Incorrect! Please review the section on [Benefits](#).

Module 3: UT Resources

Topic 1: Introduction

There are many resources offered for free or at a low cost to help you during your years at UT. This module will highlight some of the services you can take advantage of to benefit your academic, physical, and mental well being.

By the end of this module, you will be able to identify the numerous campus resources that are available.

Topic 2: Academic wellness

Student Success Center

The Student Success Center (SSC) provides information and resources in the areas of tutoring and academic support. Most importantly, the SSC provides academic coaches to assist you in developing learning and life management strategies. You are required to meet with a coach twice this semester. The SSC also offers tutoring as well as Supplemental Instruction: free, out of class, study sessions for traditionally difficult courses. For a current list of sessions offered, visit <http://studentsuccess.utk.edu/supplemental-instruction/si-schedule/>.

[Fig. 3.1 Graduation cap icon]

Tutoring

Perhaps the best resource for finding specific tutoring offerings is GradesFirst. You can search for tutoring and schedule appointments by logging into your MyUTK account, looking under the Academic Resources section, and clicking on the Grades First link. Then, click the tab for Appointments for Tutoring and sign up. Below is a list of the most common courses and offerings where tutoring is typically offered.

- Accounting
- Biology
- Chemistry (see the Chemistry Tutorial Center <https://www.chem.utk.edu/undergraduate/courses>)
- Engineering
- English
- Foreign languages
- Math (see the Math Tutorial Center <http://www.math.utk.edu/MTC/>)
- Physics (see the Physics Tutorial Center <http://www.phys.utk.edu/tutorial-center/>)
- Psychology
- Writing assistance (see the Writing Center <http://writingcenter.utk.edu/>)

Most tutorial offerings are free. Be sure to check with each department for tutoring schedules and appointment options.

Other Academic Resources

Career/Personal Development

Career Services provides a wide variety of services including career counseling, vocational assessment, résumé building assistance, job placement, and career information. You may contact them at 100 Dunford Hall or (865) 974-5435.

Disability Services

The Office of Disability Services provides academic and personal support to students with physical, emotional, psychological, and/or learning disabilities. You may contact them at 2227 Dunford Hall, (865) 974-6087, or ods@utk.edu.

Topic 3: Physical Wellness

TRECS

Not only does physical activity help control your weight and combat unhealthy conditions and diseases, but it also can improve your mood, increase energy, and promote better sleep. The positives of exercise can translate to positives in your academic life as well. The Tennessee Recreational Center for Students (TRECS) main fitness area has more than 80 cardiovascular machines, 100 strength-training stations, four basketball courts, and a 1/7th mile indoor circular track.

[Fig. 3.2 Barbell icon]

Campus Dining

Eating well and cognition go together like peanut butter and jelly . . . or nutritious fruits and veggies. In order for your brain to work at its optimum it is important to take in a variety of nutrients. Otherwise, you may have trouble concentrating and accessing the energy needed to learn in your classes. That's where Campus Dining can help. There are numerous meal plans to choose from and a variety of dining options at more than 30 locations.

Topic 4: Mental wellness

Counseling Center at the Student Health Center

One of the most important resources on campus is the Counseling Center. Countless students are successful at UT due to a steady connection with the Counseling Center. Individual counseling is confidential and free of charge.

The Counseling Center offers the following counseling services:

- Group counseling
- Individual counseling
- Couples counseling
- Stress Management Clinic
- Crisis management

Accessing any services begins with a walk-in session. Once you arrive at the Counseling Center (located on the second floor of the Student Health Center), you will check in, complete initial paperwork, and see a therapist who will help you with any immediate concerns. More detailed information can be found at <http://counselingcenter.utk.edu/>.

[Fig. 3.3 Brain icon]

Mental Health Clinic at the Student Health Center

Located with the Counseling Center at the Student Health Center, The Mental Health Clinic (MHC) assists in meeting mental health needs by providing treatment and some forms of testing from a psychiatrist. For full details, see http://studenthealth.utk.edu/clinics_mental.php.

Next up...

You will take a five-question quiz to demonstrate your knowledge of Module 3. When you are finished with the quiz, please click on the "Modules" button on the left main navigation menu to begin Module 4.

Quiz 3: UT Resources

You will now check your understanding of the topics covered in Module 3. You must earn at least an 80 percent, and you may take the quiz as many times as necessary.

Question 1

There is a fee for all academic resources available at UT.

- a) True
- b) False**

Feedback:

Correct!

Incorrect! Please review the section on [Academic Wellness](#).

Question 2

You can find specific tutoring offerings and sign up for them by logging into your MyUTK account.

- a) True**
- b) False

Feedback:

Correct!

Incorrect! Please review the section on [Academic Wellness](#).

Question 3

Career Services can help you with career counseling, vocational assessment, résumé building, job placement, and career information.

- a) True**
- b) False

Feedback:

Academic Success Modules

Correct!

Incorrect! Please review the section on [Academic Wellness](#).

Question 4

You can address your physical well being by visiting TRECS and Campus Dining.

a) True

b) False

Feedback:

Correct!

Incorrect! Please review the section on [Physical Wellness](#).

Question 5

The Counseling Center and the Mental Health Clinic are resources you can use to improve your mental well being.

a) True

b) False

Feedback:

Correct!

Incorrect! Please review the section on [Mental Wellness](#).

Module 4: What's next?

Topic 1: Introduction

UT's goals for you are to return next semester and end this semester in Good Standing, keep your scholarships, and meet your financial aid SAP standards. Aside from completing these online modules, it has been proven that if you meet at least twice with an academic coach this semester your chances of meeting those goals increases by about 30 percent compared your peers who do not take the next crucial step.

By the end of this module, you will be able to make an appointment with an academic coach to discuss strategies for a successful semester.

Topic 2: Academic coaching

What is Academic Coaching?

Student Success Center academic coaches are not academic advisors. Conversations with your advisor will help you plan and select your classes, whereas Academic Coaching helps you succeed in those classes. A meeting with one of our Academic Coaches is one of the best ways to personalize your education and get on track academically.

- Have you ever studied for hours and still felt like you didn't know the material?
- Have you ever expected to get a good grade on a mid-term and been disappointed?
- Do you ever wonder where all of your time goes?

Academic Coaching is a personalized, one-on-one meeting with a trained professional who can help you improve your skills and performance. Working with an Academic Coach can help you study smarter by developing skills in time management, goal setting, and test preparation.

[Fig. 4.1 Coach's whistle icon]

Topic 3: Benefits

Benefits of coaching

Coaches can help you manage your time, study smarter, plan for tests, and design learning strategies tailored to you. Meeting with a coach is comfortable, low maintenance, and low drama. It's a chance for you to talk about your own experience at UT, in and out of the classroom. You'll be listened to and taken seriously. SSC data shows that students who meet with an Academic Coach regularly achieve higher academic success. We recommend you come early and come often to make the most out of your coaching experience. Interested in learning more about

our coaches? You can check them out here: <http://studentsuccess.utk.edu/about-us/staff/>.

[Fig. 4.2 Academic coaches montage]

Topic 4: When to meet

Required meetings

You are required to meet with an academic coach at least twice during the semester. The first of those meetings must take place within the first three weeks of class. Bring your syllabi from all your courses with you to that first meeting, as you'll be discussing strategies for managing your time and attacking the work in your courses.

[Fig. 4.3 Calendar icon]

Other meetings

Many successful students choose to meet regularly with an SSC academic coach. That option is available to you. You are required to meet with a coach at least once more following your visit at the first of the term, for a total of at least two visits.

Here are some prime examples of when you might want to meet with an academic coach:

- First of the semester to review your course load and devise strategies to attack your work (required)
- Mid-semester as you've settled into your classes and are aware of long-term assignment dates
- End of the semester to sharpen your focus on your remaining work

Additionally, you are encouraged to meet with an academic coach anytime you...

- feel you're "not doing well"
- have questions about any kind of academic policy
- feel undue academic pressure
- want to explore academic options of any kind
- want to sharpen your learning or life management skills, including:
 - College reading and writing
 - Managing stress
 - Motivation and focus
 - Communicating with instructors
 - Test-taking strategies
 - Time management

Topic 5: Making an appointment

How to schedule

You can make an appointment with an academic coach by calling (865) 974-6641 or stopping by Greve Hall, Room 324. You can also make an appointment on Grades First by logging into your MyUTK account and clicking on the Grades First link under Academic Resources. Click the tab for Appointments for Advising or Other Academic Help and sign up. Coaches are available Monday–Friday, 9:00 a.m.–4:30 p.m.

[Fig. 4.4 Phone icon]

What to expect during your meeting

Appointments usually last about 30 minutes and are tailored to meet your needs. Again, for your first visit, you should bring your syllabi so that you can create a plan of attack in order to get off probation.

What to expect beyond coaching

You will also receive increased communication from the SSC with email reminders and deadlines. We respect your time, so we will not bombard you with unnecessary communication. Please check any mail from our office, as it will contain timely information to help further increase your success at UT.

Next up...

You will take the final five-question quiz to demonstrate your knowledge of Module 4. When you are finished with the quiz, please click on the "Contacts" button on the left main navigation menu to see the contact information for academic coaches so you can make your first appointment today.

Quiz 4: What's Next?

You will now check your understanding of the topics covered in Module 4. You must earn at least an 80 percent, and you may take the quiz as many times as necessary.

Question 1

An academic coach and an academic advisor are the same thing.

- a) True
- b) False**

Feedback:

Correct!

Incorrect! Please review the section on [Academic Coaching](#).

Question 2

An Academic Coach can help you study smarter by developing skills in time management, goal setting, and test preparation.

- a) True**
- b) False

Feedback:

Academic Success Modules

Correct!

Incorrect! Please review the section on [Academic Coaching](#).

Question 3

SSC data shows that students who meet with an Academic Coach regularly achieve higher academic success.

a) True

b) False

Feedback:

Correct!

Incorrect! Please review the section on [Benefits](#).

Question 4

You can make an appointment with an academic coach by phone, in person, or online.

a) True

b) False

Feedback:

Correct!

Incorrect! Please review the section on [Making an Appointment](#).

Question 5

Your first required coaching appointment must take place

a) by midterm

b) as needed

c) within the first three weeks of class

d) before finals

Feedback:

Correct!

Incorrect! Please review the section on [When to Meet](#).