

Individual Success Plan

Name: _____

Warrior ID: _____

Major/Minor _____

Calendar Year: 20 ____

Semester :

FALL

SPRING

SUMMER

I plan to earn a bachelor's degree from Winona State University :

YES

NO

1. What are your goals this semester?

1.a. How can TRIO help you meet your goals?

2. During my time at Winona State University my goal is:

2.a. What are you going to do to make your goal happen?

1. What could prevent you from achieving your academic goals this semester? (Check all that apply)

- | | | | |
|---|---|--|--|
| <input type="checkbox"/> Working/Job | <input type="checkbox"/> Lack of Family Support | <input type="checkbox"/> Missing or Tardy to Class | <input type="checkbox"/> Lack of Money |
| <input type="checkbox"/> Lack of Self-confidence | <input type="checkbox"/> Difficult Classes | <input type="checkbox"/> Test Anxiety | <input type="checkbox"/> Health Concerns |
| <input type="checkbox"/> Easily Distracted | <input type="checkbox"/> Procrastination | <input type="checkbox"/> Lack of Motivation | <input type="checkbox"/> Lack of Technology Skills |
| <input type="checkbox"/> Unsure of College Process | <input type="checkbox"/> Afraid to speak up or ask questions in class | <input type="checkbox"/> Disability | |
| <input type="checkbox"/> Other (please specify) _____ | | | |

2. This semester, I would like to improve or develop in the following areas: (Check all that apply)

- | | | |
|--|--|--|
| <input type="checkbox"/> Time management skills | <input type="checkbox"/> Study skills | <input type="checkbox"/> My graduation plan |
| <input type="checkbox"/> Leadership skills | <input type="checkbox"/> Note taking | <input type="checkbox"/> Resume writing |
| <input type="checkbox"/> Meet new people/ new friendships | <input type="checkbox"/> Reading comprehension | <input type="checkbox"/> Job search skills |
| <input type="checkbox"/> Coping with test anxiety | <input type="checkbox"/> Math skills | <input type="checkbox"/> Graduate school preparation |
| <input type="checkbox"/> Participate in cultural events | <input type="checkbox"/> Test taking | <input type="checkbox"/> Exploring career options |
| <input type="checkbox"/> Financial literacy | <input type="checkbox"/> Writing skills | <input type="checkbox"/> Deciding a major/minor |
| <input type="checkbox"/> Decision making skills | <input type="checkbox"/> Grade Point Average | <input type="checkbox"/> Assistance with FASFA |
| <input type="checkbox"/> Participate in Tutoring (list subjects) | | |

Fall Semester Minimum Requirements

- ___ Intake meeting with TRIO Advisor
- ___ A Cash Course (www.cashcourse.org)
- ___ 1 TRIO event (Workshop, Leadership Club Meeting, etc.)
- ___ 1 Campus Event
- ___ Midterm check in meeting with TRIO Advisor

Spring Semester Minimum Requirements

- ___ Check in meeting with TRIO Advisor
- ___ A Cash Course (www.cashcourse.org)
- ___ 1 TRIO event (Workshop, Leadership Club Meeting, etc.)
- ___ 1 Campus Event
- ___ Midterm check in meeting with TRIO Advisor

Please note the list above displays MINIMUM requirements. TRIO Advisors are available to meet with you more frequently and you will develop a meeting plan with your advisor at the first meeting of the semester. By signing below, you commit to meetings each semester with your TRIO Advisor to discuss progress towards your goals and academic plan. You understand that if you choose not to fulfill this contract, it will greatly reduce your chances for success and you may be dismissed from the TRIO SSS program.

Student Signature _____ Date _____

TRIO Advisor Signature _____ Date _____