



## ACADEMIC ACTION PLAN POSSIBLE SOLUTIONS

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[careers.humber.ca/resources](https://careers.humber.ca/resources)

Sometimes it's hard to think of ways to help yourself improve or you may feel you are already doing all the things. The following are possible solutions you can implement to help reach your goals of student success. Use the notes section for any details that will help you. Some possible solutions also include links to websites with additional resources.

### ACADEMIC SUCCESS RESOURCE AND WORKSHEET

Possible Solution	Notes
I will meet with my Career & Student Success Advisor at least twice this semester to develop a plan for success	
I will ask my professor for help if I am having difficulty in a course	
I will make better choices regarding my health, sleeping and eating habits	<a href="http://humber.ca/student-life/swac/fitness">http://humber.ca/student-life/swac/fitness</a> <a href="https://hrt.humber.ca/experiential-learning/centre-for-healthy-living.html">https://hrt.humber.ca/experiential-learning/centre-for-healthy-living.html</a> <a href="https://muse.cm/2IBhizB">https://muse.cm/2IBhizB</a> (sleep)
I will meet with someone in Accessibly Learning Services to discuss accommodations/IEPs	<a href="http://humber.ca/student-life/swac/accessible-learning">http://humber.ca/student-life/swac/accessible-learning</a>
I will seek out a counselor in Student Wellness & Accessibility Centre to discuss personal concerns and issues	<a href="http://humber.ca/student-life/swac/health-counselling">http://humber.ca/student-life/swac/health-counselling</a>
I will contact Peer Tutoring and request tutoring services	<a href="https://humber.ca/learningresources/peer-tutoring">https://humber.ca/learningresources/peer-tutoring</a>
I will attend the Peer Assisted Study Sessions for any courses that offer this support	<a href="https://humber.ca/learningresources/pass-program">https://humber.ca/learningresources/pass-program</a>

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I will download Apps that can help me with time management, tracking assignments, limiting distractions, studying + more	<a href="https://www.topuniversities.com/blog/best-time-management-apps-students">https://www.topuniversities.com/blog/best-time-management-apps-students</a>  <a href="https://www.redlands.edu/globalassets/depts/student-affairs/academic-success/skills-worksheets/apps_for_academic_success.pdf">https://www.redlands.edu/globalassets/depts/student-affairs/academic-success/skills-worksheets/apps_for_academic_success.pdf</a>
I will set a study schedule for each class and follow it	<a href="https://humber.ca/learningresources/learning/exam-prep">https://humber.ca/learningresources/learning/exam-prep</a>  <a href="https://tlp-lpa.ca/study-skills/time-management">https://tlp-lpa.ca/study-skills/time-management</a>
I will develop a time management plan that works for me	<a href="https://humber.ca/learningresources/learning/time-management">https://humber.ca/learningresources/learning/time-management</a>  <a href="https://www.intelligent.com/appendix-best-apps-and-gadgets-to-help-your-grades/">https://www.intelligent.com/appendix-best-apps-and-gadgets-to-help-your-grades/</a>  <a href="https://tlp-lpa.ca/study-skills/time-management">https://tlp-lpa.ca/study-skills/time-management</a>
I will study in a place that allows me to get my work done (minimal distractions, not too comfortable)	
I will understand my learning style preference and implement new ways of learning	<b>Assessment:</b> <a href="http://vark-learn.com/the-vark-questionnaire/">http://vark-learn.com/the-vark-questionnaire/</a>  <a href="https://humber.ca/learningresources/learning/learning-preference">https://humber.ca/learningresources/learning/learning-preference</a>
I will implement a new study habit	<a href="https://humber.ca/learningresources/learning/memory-concentration">https://humber.ca/learningresources/learning/memory-concentration</a>  <a href="https://tlp-lpa.ca/study-skills/studying-test-taking">https://tlp-lpa.ca/study-skills/studying-test-taking</a>
I will attend all of my classes (or come up with a plan for the classes I will miss)	
I will go to class prepared e.g. read the chapter or PowerPoint ahead of time, create Cornell Notes	<a href="https://tlp-lpa.ca/study-skills/taking-notes">https://tlp-lpa.ca/study-skills/taking-notes</a>
I will reduce my hours at work	
I will make better choices regarding my use of free time e.g. online gaming, social networking, Netflix	

Source: Rutgers University - Camden