**HOW TO GET BACK ON TRACK**
*A guide for students having academic difficulties*

**Step 1: Meet with your Advisor or Success Coach.**
Your Advisor’s job is to help students in your department be as academically successful as possible and can work with you to plan out a clear path toward success. Similarly, CFPCA has a Success Coach available to all students who would like an extra boost of support with certain challenges of college.

**Step 2: Recognize that repeating class can help you!**
Repeating classes may seem like taking a step backward, but re-focusing your time and effort on courses that resulted in low grades initially will boost your cumulative GPA in the long run. Talk with your Advisor or Success Coach about how to choose and register for courses that are repeats.

**Step 3: Challenges don’t have to be setbacks.**
Personal circumstances can negatively reflect on your term GPA, but your Advisor or Success Coach can help you to balance life challenges. Resources such as Counseling and Psychological Services (CAPS) or Student Disability Services offer specific solutions to problems that may be affecting your academic efforts. Check out these free services at: [http://caps.wayne.edu/index.php](http://caps.wayne.edu/index.php) & [http://studentdisability.wayne.edu/](http://studentdisability.wayne.edu/)

**Step 4: Be honest with yourself.**
At the beginning of a new semester (or at any point!), take immediate action if you are heading down a familiar path of struggle. Talk with your instructors about what they would recommend to improve your success in their courses. Talk with your Advisor or Success Coach about how to better balance your academic and non-academic priorities. Seeking help sooner will allow you to get back on track sooner, too.

**Step 5: Make use of FREE perks as a Wayne State student.**
That’s right, your tuition as a WSU student goes toward services such as one-on-one tutoring, math help, Supplemental Instruction, and workshops to help you be successful. The Academic Success Center (ASC) houses all of these resources, and you can check out the website at: [http://success.wayne.edu/](http://success.wayne.edu/)

**Step 6: Tackle time management.**
All students have to figure out how to manage their time, and it can be easier said than done. The ASC offers Time Management workshops, and your Success Coach can talk with you one-on-one about planning your time more effectively. Maybe you need to take less classes and/or cut back on your work schedule. If it results in increased academic success, it could be worth the sacrifice.

**Step 7: Take charge of your academic future.**
Are you able to say what your academic standing is in any of your classes at any time? Your instructors can help, especially during office hours! How about calculating your term or cumulative GPA? What is your academic plan for the next few semesters? Are you progressing toward your degree in a timely, cost effective manner? Your Advisor and/or Success Coach can help, but only if you schedule an appointment!

To schedule a meeting with your Advisor:  [http://cfpca.wayne.edu/advisors.php](http://cfpca.wayne.edu/advisors.php)

To schedule a meeting with your Success Coach:  [https://wams.wayne.edu/go/fa_do](https://wams.wayne.edu/go/fa_do)

**College is a Challenge! Keep striving for Success!**