Advisor Appointment Guide

This appointment guide is for students who are on academic probation within the College of Engineering and request to make appointment with an advisor as their mandatory activity. Please take a moment to consider your responses to the prompts below. Your responses will help guide your appointment with an advisor. You will be required to bring the completed guide to your appointment with an academic advisor. To set up an appointment please call Engineering Student Services at 805-756-1461 or Building 40 Room 111.

Name: ___________________________ Major: ____________ Cal Poly Email: ____________________________

Motivation & Career Goals

1) Why did you choose to attend college? What draws you to your major?

2) Where do you hope to be five years from now? Ten years? Twenty?

Obstacles: What were some of the things that got in the way of your success last quarter? Check all that apply:

- Academic/Study Skill Obstacles
  - Learning Disability
  - Poor study habits
  - Poor time management
  - Poor study environment
  - Ineffective studying
  - Inadequate study time
  - High anxiety
  - Inferior preparation
  - Inadequate reading skills
  - Inadequate writing skills
  - Inadequate math skills
  - Previous failure
  - Poor note-taking skills
  - Negative attitude
  - Unhappy with instructor
  - Unclear educational goals
  - Other: ______________

- Work Related Obstacles
  - Work too many hours
  - Problems with the boss
  - May lose job
  - Conflicts with the job
  - No part-time work available
  - Must work to survive
  - Other: ______________

- Obstacles Related to Major
  - Change of major requirements
  - Parental pressure
  - Not happy with the major
  - Other: ______________

- Obstacles Related to Fear of...
  - Failure
  - Not being perfect
  - Success
  - Commitment
  - Making decisions
  - Tasks being too difficult
  - Other: ______________

- Free Time Obstacles
  - Too much internet or media
  - Too much social life
  - Too overextended in clubs
  - Other: ______________

- Financial Obstacles
  - Worried about money
  - Financial aid requirement
  - Inadequate financial aid
  - Too many debts
  - Other: ______________

- Personal Obstacles
  - New independence
  - Roommate problems
  - Relationship worries/breakup
  - Loneliness
  - Socially uncomfortable/shy
  - Housing problems
  - Dislike Cal Poly
  - Other: ______________

- Other Obstacles: ________________________
## Helpful Resources

**DIRECTIONS:** Check all boxes that apply to you. I used this resource frequently, I used this resource infrequently, I plan on frequently using this resource next quarter.

<table>
<thead>
<tr>
<th>#</th>
<th>Resource</th>
<th>Frequently</th>
<th>Infrequently</th>
<th>Next Quarter</th>
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<tbody>
<tr>
<td>a.</td>
<td>The Academic Skills Center (Library)</td>
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<td>b.</td>
<td>Career Services (Bldg. 124)</td>
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<td>c.</td>
<td>Health &amp; Counseling Services (Bldg. 24)</td>
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<td>d.</td>
<td>Financial Aid (1-212)</td>
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<td>e.</td>
<td>Disability Resource Center (Bldg. 124)</td>
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<td>f.</td>
<td>Writing &amp; Rhetoric Center (10-130)</td>
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<td>MEP Tutoring Lab (40-113)</td>
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<td>Supplemental Workshops/Study Sessions</td>
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<td>i.</td>
<td>Faculty Office Hours</td>
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<td>j.</td>
<td>Your Peers</td>
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<td>k.</td>
<td>The Advising Center and/or MEP</td>
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### Your Plan of Action

**DIRECTIONS:** Now that you have reviewed obstacles and where you can improve, select some things you plan to do to make a difference this quarter.

#### Academic/Study Skills Solutions
- Visit the Academic Skills Center
- Use study skills books
- Seek tutoring
- See the Writing & Rhetoric Center
- Attend Supplemental Workshop
- Go to Disability Resource Center
- Visit professors/consult faculty
- Other: __________________

#### Free Time Solutions
- Set goals
- Find rewards
- Just say “no”
- Use to-do list
- Other: __________________

#### Financial Solutions
- See a financial planner
- Contact Financial Aid about loans/grants
- Work out a payment plan
- Get help from family
- Other: __________________

#### Family Problems Solutions
- Set boundaries
- Develop a routine
- Get communication help
- Other: __________________

### Work Related Solutions
- Get a different Job
- Develop problem solving skills
- Change position within job
- Reduce hours working
- Quit job
- Other: ________________

### Solutions Related to Major
- Career/Interest test
- Complete an internship
- Career counseling
- Change major
- Other: ________________

### Solutions Related to Fears and Personal Issues
- Research stress relievers
- Develop problem solving skills
- Group counseling
- Visit Health & Well-being
- Read self-help book
- Join a club or organization
- Take a quarter off (see Engineering Student Services)
- Other: ________________

### Other Solutions:
- ____________________

### Any Questions?

Do you have any specific questions, thoughts or concerns you would like to bring up to an advisor? Please use this box to express any thoughts you would like to share.