Steps to Success

Workshop about returning to good academic standing

College of Arts & Science
Academic Probation Policies
Grade Point Average (GPA) Definitions

1. **Term / Semester GPA:** Includes all courses taken in a single semester (fall, spring, or summer).

2. **University of Missouri (UM) Cumulative GPA:** Includes all courses taken at a University of Missouri campus (MU, UMKC, Missouri S&T, UMSL).

Courses you transfer to MU from other schools will show on your transcript but do **not** factor into your cumulative or semester GPAs.

Want to know how your course will transfer to MU? The Transfer Course Equivalency Website shows how courses transfer to MU: [http://transfercourses.missouri.edu](http://transfercourses.missouri.edu).
To be in good academic standing in the College of Arts & Science, an undergraduate student must consistently earn a 2.0 term GPA or better and maintain a 2.0 cumulative GPA.
A student is placed on academic probation in the College of Arts & Science if they earn between a 1.00 - 1.99 term GPA for any given semester.
Removing Probation

- **Step one** is completing 12 graded hours above a 2.0 in consecutive semesters. No “S" (pass), “U” (fail), or “F" grades are included in the 12 hours. If you attend on a part-time basis or over the summer semester, it will take you more than one semester to remove probation.

- **Step two** is raising your cumulative GPA to a 2.0. If your cumulative GPA is less than a 2.0, the College of Arts & Science will require that you aim for a 2.5 term GPA each semester.
Continued probation

- A student is placed on continued academic probation in the College of Arts & Science if they earn between a 1.00 - 1.99 term GPA for two semesters in a row.

- A student may also be placed on Continued Probation if they did not fully meet the terms required to remove probation during the second semester.
It is possible after two semesters on probation for a student to be placed on final probation or dismissed.
Final Probation

Students are placed on Final Probation on a case by case basis by the College of Arts & Science.

Possible reasons a student could be placed on final academic probation:

- Student is making academic progress, but has not met all requirements for removing probation.
- Student could have been dismissed and not able to enroll in courses, but the college has evaluated the student’s academic record and is giving the student another chance to continue without the need for an appeal.
Students are dismissed for one or more of the following reasons:

- Term GPA is below a 1.0 GPA.
- Three semesters between a 1.00 - 1.99 term GPA.
- Students previously on probation failed to remove that probation in a timely manner.
Probation, transcripts, and graduation

- MU does not place probation status on official transcripts or diplomas. Probation will appear on your Student Academic Profile, which is used only for advising purposes. You may print your own free Student Academic Profile through myZou from your Student Center.

- It is possible to graduate while on probation if all degree requirements including all GPA requirements are met. (Minimum GPA requirements to graduate include a 2.0 GPA in your major, minor, and your cumulative GPA. Some majors have additional requirements.)
Tools and Policies to help you get back on track
Course Repeat Policy

For more information: http://registrar.missouri.edu/policies-procedures/course-repeat.php

- If you earn a C- or lower in an MU course, you can retake the course at MU and have the first grade removed from your cum GPA.

  Guidelines:
  - A maximum of 15 hours can be repeated.
  - Students must submit GPA Adjustment Form to the University Registrar.
  - Courses must be taken at MU and must be the same course number.
  - Only the grade from the first attempt of the course will be removed from your cumulative GPA. Both attempts of the course will still appear on your transcript.
  - Course Repeat could have an impact on your financial aid. Please check with the Office of Financial Aid before applying the policy to your academic record.
  - You may want to meet with your academic advisor to discuss if and when to apply the course repeat policy to your academic record.
A Revision of Records allows for students to petition for course history to be erased or back-date a withdrawal based on extenuating circumstances.

The function of the Committee for Revision of Records is to review petitions from students asking for changes to their academic records.

Students should discuss the petition process with their Academic Advisor before appealing to the committee to verify that changes will be beneficial to the student.

Students should also meet with their Financial Aid Advisor to discuss potential impact on past & future aid.

For more information:
http://registrar.missouri.edu/policies-procedures/revision-records.php
GPA Estimator

- Use the GPA Estimator to determine what grades you need and how long it may take to achieve your cumulative GPA goal.
- Keep in mind that it may take some time to get your cumulative GPA to significantly increase.
- Credit hours completed = credit hours attempted, not earned.
- You can refer to myZou to check your credit hours and existing GPA.
- To use the GPA Estimator:
  
  http://registrar.missouri.edu/grades-calculators/gpa-estimator.php

GPA estimator

Disclaimer: The GPA estimator is intended to provide you with information of overall grades you need in order to achieve your desired GPA. It is used most efficiently in consultation with an adviser. If you already know your grades, please use the GPA calculator.

Credit hours completed: [ ] (e.g. 90 or 90.5)
Current GPA: [ ] (e.g. 3.942 or 3)
Desired GPA: [ ] (e.g. 3.942 or 3)

Results

- Result 1: -
- Result 2: -
GPA Calculator

- Use the GPA Calculator to determine your GPA for a specific term/semester.
- You can adjust grades to reflect a best or worst case scenario. The calculator will show your possible semester and cumulative GPAs.
- You can refer to myZou to check your credit hours and existing GPA.
- To use the GPA Calculator: [http://registrar.missouri.edu/grades-calculators/gpa-calculator.php](http://registrar.missouri.edu/grades-calculators/gpa-calculator.php)
FERPA (Family Educational Rights and Privacy Act of 1974)

- The Family Educational Rights and Privacy Act of 1974 is a federal law designed to protect the privacy of educational records; to establish the rights of students to inspect and review their education records; and to provide guidelines for the correction of inaccurate and misleading data through informal and formal hearings. The law applies to any individual who is or has been in attendance at an institution and regarding whom the institution maintains educational records.
  [http://registrar.missouri.edu/policies-procedures/ferpa.php](http://registrar.missouri.edu/policies-procedures/ferpa.php)

- If you wish to grant a parent or other person access to your educational records, you will need to complete a FERPA release on myZou.
Dates and Deadlines

- You can find important dates and deadlines for the academic year on the Registrar’s academic calendar. [http://registrar.missouri.edu/academic-calendar/](http://registrar.missouri.edu/academic-calendar/)
- Check in advance for drop & withdrawal deadlines, as well as dates for early registration!
When your semester derails...

- We know things happen during the semester that may impact your grades. Here are some resources to help you overcome those challenges.
The Learning Center

The Learning Center’s goal is to provide instruction that deepens and enriches students’ understanding of the classes in which they enroll.

- Help Sessions and Tutoring: [https://learningcenter.missouri.edu](https://learningcenter.missouri.edu)
- NetTutor is free online tutoring for MU students: [https://learningcenter.missouri.edu/nettutor/](https://learningcenter.missouri.edu/nettutor/)
- Departmental Tutors: [https://learningcenter.missouri.edu/more-options/](https://learningcenter.missouri.edu/more-options/)
- TRiO CATS: [https://trio.missouri.edu/](https://trio.missouri.edu/)
  - This program is designed to help promising students from underrepresented groups meet the academic, financial, and social demands of a college education.
  - Students must be TRiO eligible. Check with The Learning Center to see if you qualify.
- The Writing Center: [https://writingcenter.missouri.edu/](https://writingcenter.missouri.edu/)
- Study Plan Consultant: [https://learningcenter.missouri.edu/study-plan-consultant/](https://learningcenter.missouri.edu/study-plan-consultant/)
- Individual help with learning and study strategies: [https://learningcenter.missouri.edu/learning-and-study-strategies/](https://learningcenter.missouri.edu/learning-and-study-strategies/)
Study Plan Consultant (SPC)

- [https://learningcenter.missouri.edu/study-plan-consultant](https://learningcenter.missouri.edu/study-plan-consultant)

- Free resource available by appointment to any undergraduate
  - Schedule through MU Connect or at the front desk of the Student Success Center

- Focus on planning and effective time management

- SPCs work with students to create:
  - A *monthly calendar* showing all dates for assignments & exams
  - A *weekly schedule* showing all time commitments and scheduled sources of academic help
  - A *grade calculator* (in Excel) for determining current grades, potential grades, and grade goals for each course
  - A *plan* to prepare for an exam or complete a major assignment
The Writing Center

- [https://writingcenter.missouri.edu](https://writingcenter.missouri.edu)
- Free individual tutorials to all MU students.
- Individual writing tutorial appointments (up to 50-minute sessions) are available to any MU undergraduate for any writing project, including creative writing pieces, scholarship essays, cover letters, personal statements, or pretty much anything else you can think of that involves writing.
- How do I schedule an appointment?
  - Call 573-882-2496
  - Visit the Writing Center main desk on the main floor of the Student Success Center
- Online Writery ([https://writingcenter.missouri.edu/online-writery](https://writingcenter.missouri.edu/online-writery)): You can submit submissions for any writing project, including creative writing pieces, scholarship essays, cover letters, or personal statements. You will usually get a response within 48 hours, except for peak times of the semester (mid-semester and finals week).
Ellis Library

Ellis Library is so much more than just books!

- Check out Books from MU or Interlibrary Loan
- Online Journals and Articles: http://libraryguides.missouri.edu/c.php?g=28388&p=174554
- Study Rooms
- Quiet Areas
- Digiprint Center
- Scanners
- Printers
- Check out a Laptop or other equipment

http://library.missouri.edu
http://majors.missouri.edu

- This website has a complete listing of majors at MU, including information about each major and typical career paths. This is a great resource for students searching for a major or considering a change.
Office Hours

Visit your instructors and teaching assistants during their office hours! This is a great way to get one-on-one help and clarify questions you have about assignments, tests, and course material.
Academic advisers are faculty and staff assigned to help you make the most of your time at Mizzou. They will assist you in finding a degree program that matches your interests and abilities, meeting graduation requirements and finding out about extracurricular activities that will boost your skills and broaden your experiences.

This website has information about:
- Registration, Grades, Policies, and official vs. unofficial transcript
- How to contact your advisor and make an appointment
- How to find a different advisor in a major you are considering

How do I find my academic advisor in myZou?
- Go to Your Student Center. Your assigned academic advisor should be listed in a box on the right.

http://advising.missouri.edu
Academic Exploration and Advising Services (AEAS)

The AEAS mission is to work collaboratively with students to help them develop and accomplish academic and life goals. The advisor and student work together to find a fit between the student's interests and abilities and what the university has to offer. AEAS provides:

- Academic advising for deciding students in the College of Arts and Science.
- Academic advising for students across campus considering a change in major and in need of assistance in determining new options.
- Assistance in identifying appropriate courses and majors to fulfill academic and career goals.

For Appointments, please call 573-884-9700.

http://aeas.missouri.edu
The MU Career Center offers a broad range of services and resources to assist students, parents, educators, and the community.

- Resume & Cover Letter Help
- Interviews
- Career Counseling
- Your Online Image
- A Way With Words & Numbers
- Jumpstart
- Peace Corps
- Work Study Employment
- Help with applying to Graduate School

http://career.missouri.edu
SSC 1150 or SSC 1151

- **SSC 1150 College Success Seminar**
  - This course is designed to create a positive new student experience by connecting students with the Mizzou campus community and the academic resources essential to their success. Students' strengths will be assessed and used to assist each student in the development and implementation of an individualized and strategic approach to successfully navigating their way through collegiate life. Prerequisites: Freshmen or sophomore standing required.

- **SSC 1151 Academic Success Seminar**
  - Academic recovery strategies will be explored and implemented throughout the course. Students will learn to assess their academic situations, develop a plan of action, apply new strategies for success, and activate their success plan throughout all aspects of their collegiate career.

These courses can count as orientation credit towards your degree.
Stress Management

Stress takes a toll on your overall health, as well as academic and social health.

- The **Student Health Center** offers many resources to help you manage stress including health coaching, contemplative classes, biofeedback, BREATHE, and mindfulness audios and videos. [https://studenthealth.missouri.edu/services-costs/health-promotion-wellness/stress-management/](https://studenthealth.missouri.edu/services-costs/health-promotion-wellness/stress-management/)

- The **Wellness Resource Center** has information about dealing with stress. [https://wellness.missouri.edu](https://wellness.missouri.edu)

- The **MU Counseling Center** ([https://counseling.missouri.edu](https://counseling.missouri.edu)) has group and individual counseling available. They also have an anonymous screening ([http://screening.mentalhealthscreening.org/mizzou](http://screening.mentalhealthscreening.org/mizzou)) you can take to see if you or someone you care about should connect with a mental health professional.

- Getting physically active can help when you are stressed. The **MizzouRec Center** has yoga, pilates, and other classes that could help you to get active. [https://www.mizzourec.com](https://www.mizzourec.com)
Sleep Resource

Managing a healthy sleep schedule is an important tool for success in college.

- The Student Health Center has sleep tips, sleep solutions class, information about the science behind sleep, health coaching, napping, meditation and relaxation techniques, etc.: https://studenthealth.missouri.edu/esources/bulletin-boards/wake-up-to-better-sleep/
Other Resources…

- **Counseling Center** [https://counseling.missouri.edu](https://counseling.missouri.edu)
  - Individual counseling, group counseling, crisis intervention, workshops (Mental Health First Aid, Mindfulness Meditation)
  - Free and Anonymous Mental Health Screening
    - [http://screening.mentalhealthscreening.org/mizzou](http://screening.mentalhealthscreening.org/mizzou)

- **Student Health Center** [http://studenthealth.missouri.edu](http://studenthealth.missouri.edu)
  - You may call 882-7481 to schedule an appointment.
  - The MU Student Health Center is dedicated to providing high quality care that includes not only medical services but also behavioral health and health promotion.
  - Services include medical care, behavioral health, health promotion and wellness, yoga classes, meditation, stress management, sexual health, tobacco/alcohol/substance use, relationship issues, nutrition and fitness, travel abroad, etc.

- **Wellness Resource Center** [https://wellness.missouri.edu](https://wellness.missouri.edu)
  - Some topics covered include alcohol, tobacco, drugs, stress, mental health, safe driving, and fan behavior.
  - Provides a comprehensive, campus-wide, year-long wellness effort. These prevention efforts are integrated into the classrooms, publications, major campus events, holidays, educational posters and displays, and into the various living units.
...and more resources...

- **Gaines Oldham Black Culture Center** [https://gobcc.missouri.edu](https://gobcc.missouri.edu)
  - The Black Culture Center offers advocacy and support to the educational, social, and cultural endeavors of the MU’s African-American collegians, faculty, staff, and community members.

- **Disability Center** [http://disabilitycenter.missouri.edu](http://disabilitycenter.missouri.edu)
  - The Disability Center coordinates services and accommodations for students with disabilities and acts as a gateway for disability related information and guidance.

- **Office of Financial Success** [http://ofsmizzou.org](http://ofsmizzou.org)
  - Free services include: Student Loans, Budgeting Financial Goal Setting, Saving Plans, Credit Reports & Scores, Credit Building, Debt Management, Taxes, and more.

- **Student Financial Aid** [http://financialaid.missouri.edu](http://financialaid.missouri.edu)

- **LGBTQ Resource Center** [http://lgbtq.missouri.edu](http://lgbtq.missouri.edu)
  - The LGBTQ Resource Center provides educational information as well as a supportive, safe space where everyone is welcome to join together to talk, share ideas and discover a positive Lesbian, Gay, Bisexual and Transgender outlook.
...and more...

- **International Center** [https://international.missouri.edu](https://international.missouri.edu)
  - The International Center offers services for international students including advice about legal immigration status and employment.

- **Multicultural Center** [http://multiculturalcenter.missouri.edu](http://multiculturalcenter.missouri.edu)
  - The Multicultural Center provides support to a variety of organizations and works to address the needs of underrepresented populations, providing a safe outlet and home away from home.

- **Off Campus Housing** [https://offcampus.missouri.edu](https://offcampus.missouri.edu)
  - This office provides students with the resources necessary to have positive off-campus experiences, by assisting students with discovering the best off-campus living arrangements for their individual situations.

- **Office for Civil Rights and Title IX** [http://civilrights.missouri.edu](http://civilrights.missouri.edu)
  - This office connects students, faculty, staff and visitors to resources that can support them if they experience discrimination or retaliation. They enforce the university’s non-discrimination policies and educate the community about our policies and practices.

- **RSVP Center** [http://rsvp.missouri.edu](http://rsvp.missouri.edu)
  - The RSVP Center offers resources and referral services to those affected by relationship and sexual violence, as well as those interested in learning more about these issues.
...and even more resources...

- **Tiger Pantry** [https://tigerpantry.missouri.edu](https://tigerpantry.missouri.edu)
  - Provides food assistance for those in need within the University of Missouri community, including students, faculty and staff.

- **Veterans Center** [http://veterans.missouri.edu](http://veterans.missouri.edu)
  - The Veterans Center is here to meet the needs and address the concerns of veterans at Mizzou. It’s a designated place on campus where you can find camaraderie and friendship along with resources and support.

- **Well-Being Resources** [https://wellbeing.missouri.edu/](https://wellbeing.missouri.edu/)
  - MU is committed to supporting student health and well-being in a network of care that include the Counseling Center, Student Health Center, Wellness Resource Center and community providers. If you need counseling or health care, we work together to help find the best approach to treatment based on your needs.

- **Women’s Center** [http://womenscenter.missouri.edu](http://womenscenter.missouri.edu)
  - The Women’s Center provides information and resources regarding issues of relevance to the lives of women and men in today’s society, and offers a safe and supportive environment in which to discuss those issues and share in the learning process.
...and many more!

MU offers many other wonderful resources. This is not a comprehensive list of resources offered by MU. If you wonder if MU has a different resource not listed here, please contact your academic advisor or check out the MU website (www.missouri.edu) to search for other resources that could help you.

*Do not hesitate to ask questions and ask for help!* If you don’t ask, you may not learn about opportunities or resources that MU can offer.

If you need to contact the College of Arts & Science Advising Support Center, you may stop by during walk-in hours Monday, Tuesday, and Friday from 10:00am-12:30pm or Monday-Friday from 1:30pm-4:00pm. You could also email us at our Arts & Science Advising email: muasadvising@missouri.edu.
Questions about probation?

If you have questions about your probationary status, please contact the College of Arts & Science Advising Support Center in 107 Lowry Hall.

- 107 Lowry Hall, Columbia, MO 65211
- Phone: 573-882-6411
- Email: muasadvising@missouri.edu
Steps to Success Quiz Directions

Now that you have reviewed this presentation, please take the associated quiz. **You must earn 100% (5 out of 5) on the quiz in order to have the hold on your myZou account removed.** You are able to retake the quiz as many times as needed to earn this score. It will take approximately one to two business days after completing the quiz for your hold to be removed.

If you have questions or concerns about the quiz or the hold on your account, please email muasadvising@missouri.edu.