

Mid-Semester Progress Check-in

Name: _____ ID: _____ Major: _____ Date: _____

Use this worksheet to check in with yourself on how the semester is going and to think about if there are any other changes you'd like to make to finish the semester strong. Meet with an academic advisor to further discuss how things are going and your plan for success.

1. GPA Check – Enter your estimated grades into the [CSUCI GPA Calculator](#) to see how you are doing towards raising your overall and CSUCI GPAs to 2.0 or higher. Based on your estimated grades are you:

- On track to return to good standing (minimum 2.0 overall and CSUCI GPAs)
- Not on track to return to good standing, but on track to earn at least a 2.0 semester GPA
- Not on track to return to good standing, but on track to meet minimum GPAs to avoid academic disqualification
- At risk of being academically disqualified

2. How are you doing with your goals?

- On track
- Some progress, but struggling
- Not on track

Brief explanation:

3. What strategies or habits have helped you the most so far? (List any that you've stuck with and found helpful.)

4. What challenges are you currently facing? (Example: time management, motivation, difficulty in a specific course, personal stressors.)

5. What adjustments do you want to make for the rest of the semester? (Include any new goals, strategies, or resources you plan to use.)

6. University Support Check – Have you connected with your advisor, a professor, or a campus resource this semester?

- Yes
- Not yet, but I will
- No

Brief explanation: _____

7. What classes are you thinking about taking next semester? Meet with your academic advisor to review your planned classes.

Planned courses	Units	Is this a repeat? If so, list the first grade received.
Total units taken for a letter grade:		

Notes: