

CALCULATING MY GPA WORKSHEET



Online Grade Point Deficit Calculator: <http://advisinghub.sfsu.edu/prob/gpadc>

Online GPA Calculator: <http://advisinghub.sfsu.edu/GPACalculator>

MY CURRENT GPA NUMBERS: Note the following from your current unofficial transcript

Current SF State GPA		SF State GPA Units		SF State Grade Points	
Current Combined Cum GPA		Combined Cum GPA Units		Combined Cum Grade Points	

CALCULATING MY GPA POINTS AND DEFICIT:

SF State Grade Points Needed for a 2.0:	Combined Cum Grade Points Needed for a 2.0:
$\underline{\hspace{2cm}} \times 2 = \underline{\hspace{2cm}}$ <small>SF State GPA Units (from transcript) SF State Grade Points needed</small>	$\underline{\hspace{2cm}} \times 2 = \underline{\hspace{2cm}}$ <small>Combined Cum GPA Units (from transcript) Combined Cum Grade Points needed</small>

SF State Grade Point Deficit:	Combined Cum Grade Point Deficit:
$\underline{\hspace{2cm}} - \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$ <small>SF State Points Earned (from transcript) SF State Grade Points needed (from above) SF State Grade Point Deficit</small>	$\underline{\hspace{2cm}} - \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$ <small>SF State Points Earned (from transcript) Combined Cum Grade Points Needed (from above) Combined Cum Grade Point Deficit</small>

Grades Needed to Make Up SF State Deficit:	Grades Needed to Make Up Cum Deficit:
Using chart below, outline your target grades for next semester to make up your SF State Grade Point deficit:	Using chart below, outline your target grades for next semester to make up your Cum Grade Point deficit:
Units: <input type="text"/> Grade: <input type="text"/>	Units: <input type="text"/> Grade: <input type="text"/>
Units: <input type="text"/> Grade: <input type="text"/>	Units: <input type="text"/> Grade: <input type="text"/>
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Units: <input type="text"/> Grade: <input type="text"/>	Units: <input type="text"/> Grade: <input type="text"/>

Grade	5 Units	4 Units	3 Units	2 Units	1 Unit
A	+10	+8	+6	+4	+2
A-	+8.5	+6.8	+5.1	+3.4	+1.7
B+	+6.5	+4.8	+3.9	+2.6	+1.3
B	+5	+4	+3	+2	+1
B-	+3.5	+2.8	+2.1	+1.4	+0.7
C+	+1.5	+1.2	+0.9	+0.6	+0.3
C	0	0	0	0	0
C-	-1.5	-1.2	-0.9	-0.6	-0.3
D+	-3.5	-2.8	-2.1	-1.4	-0.7
D	-5	-4	-3	-2	-1
D-	-6.5	-4.8	-3.9	-2.6	-1.3
F	-10	-8	-6	-4	-2

ASSESSING MY STATUS WORKSHEET



IDENTIFY MY STRENGTHS:

What went well last semester?	
What are my strengths?	
What is my motivation?	
Why am I in school?	
What are my career goals?	

IDENTIFY MY TOP CHALLENGES: What is slowing my progress in achieving my goals?

COMMON CHALLENGES – CIRCLE ALL THAT APPLY

Family Issue	Physical Health	Mental Health	Fit with SF State
Relationship Issue	Time Management	Stress Management	Financial Difficulty
Major	Learning Style	Motivation	Housing
Adjustment to College	Study/Test Taking Skills	Unclear Goal	Other? _____

IDENTIFY ACTION STEPS TO ADDRESS MY TOP CHALLENGES:

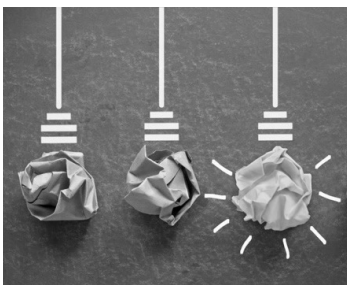
<ul style="list-style-type: none"> ● Challenge 1 _____ <ul style="list-style-type: none"> ○ Why does this challenge exist? _____ ○ What are some ways I can address it? _____ _____ _____
<ul style="list-style-type: none"> ● Challenge 2 _____ <ul style="list-style-type: none"> ○ Why does this challenge exist? _____ ○ What are some ways I can address it? _____ _____ _____
<ul style="list-style-type: none"> ● Challenge 3 _____ <ul style="list-style-type: none"> ○ Why does this challenge exist? _____ ○ What are some ways I can address it? _____ _____ _____

MY WEEKLY SCHEDULE



	SUN	MON	TUES	WED	THURS	FRI	SAT
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
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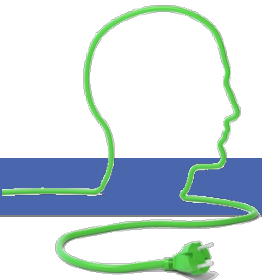
- 1) Write in all of your "fixed" times (ie. Class, work, commute, etc.)
- 2) Write in all of your meal times.
- 3) Write in your study time. (For every unit of class, 2-3 hours of study time should be scheduled.)
- 4) Optional – write in all of the other important daily activities.
(ie. Sleep, exercise, family, recreation time, shopping, hygiene, TV, social media, etc.)



"IT'S NOT ENOUGH TO BE BUSY, SO ARE THE ANTS. THE QUESTION IS, WHAT ARE WE BUSY ABOUT?"

– HENRY DAVID THOREAU

MY ACADEMIC SUCCESS PLAN



ACTION PLAN FOR SUCCESS:

<p>My primary goal for this semester:</p>		
<p>My action steps to reach this goal:</p>	<ol style="list-style-type: none"> 1. 2. 3. 	
<p>Resource 1: Identify a resource that can help me reach my goal. How can I use this resource? Where are they located? What hours can I visit them? What date will I visit this resource by?</p>		<p>Resource 2: Identify a resource that can help me reach my goal. How can I use this resource? Where are they located? What hours can I visit them? What date will I visit of this resource by?</p>
<p>Person to share this plan with:</p>		

ADVISING APPOINTMENT:

<p>Date: Time: Advisor: Location:</p>	
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“THERE ARE WITHIN EACH OF US THE SEEDS OF WHO WE MIGHT BECOME.”

- THICH NHAT HANH

RESOURCES FOR SUCCESS



UNDERGRADUATE ADVISING CENTER (UAC)

Contact	Location	Hours
Phone: (415) 338-2101 Web: advising.sfsu.edu Email: advising.sfsu.edu/inquiry	Administration Building Room 211	Monday – Friday, 8:30am – 4:30pm

COLLEGE OF BUSINESS - STUDENT SUCCESS CENTER (SSC)

Contact	Location	Hours
Phone: (415) 405-3531 Web: cob.sfsu.edu/resources/undergraduate Email: cobssc@sfsu.edu	Business Building Room 112	Monday – Friday, 8:30am - 12:00pm, 1:00pm - 4:30pm

COLLEGE OF ETHNIC STUDIES - STUDENT ENGAGEMENT CENTER (SEC)

Contact	Location	Hours
Phone: (415) 338-6162 Web: ethnicstudies.sfsu.edu/sec Email: https://ethnicstudies.sfsu.edu/sec	Ethnic Studies Psychology Building Room 117	See website for this semester's hours.

COLLEGE OF HEALTH AND SOCIAL SERVICES - STUDENT RESOURCE CENTER (SRC)

Contact	Location	Hours
Phone: (415) 405-3740 Web: chss.sfsu.edu/src Email: srcenter@sfsu.edu Schedule Appointments: https://app.acuityscheduling.com/schedule.php?owner=14201980	HSS Building Room 254	Monday – Thursday, 9:00am - 5:00pm; Friday, 9:00am – 4:00pm

COLLEGE OF LIBERAL AND CREATIVE ARTS - ADVISING RESOURCE CENTER (ARC)

Contact	Location	Hours
Phone: (415) 338-1486 Web: advisinglca.sfsu.edu Email: achieve@sfsu.edu	Humanities Building Room 112	Monday – Friday, 9:00am - 5:00pm

COLLEGE OF SCIENCE AND ENGINEERING - STUDENT SUCCESS CENTER (SSC)

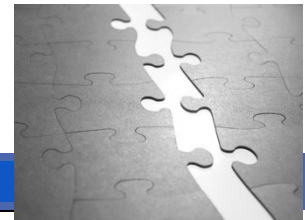
Contact	Location	Hours
Phone: (415) 338-2816 Web: cose.sfsu.edu/content/cose-success-center Email: cssc@sfsu.edu	Science Building Room 214	See website for this semester's walk-in hours.



“I HAVE LEARNED OVER THE YEARS THAT WHEN ONE’S MIND IS MADE UP, THIS DIMINISHES FEAR; KNOWING WHAT MUST BE DONE DOES AWAY WITH FEAR.”

– ROSA PARKS

RESOURCES CONTINUED...



THE CAMPUS ACADEMIC RESOURCE PROGRAM (CARP)

Contact	Location	Hours
Phone: (415) 405-0971 Web: carp.sfsu.edu Email: carp1@sfsu.edu	Health and Social Sciences Building Main: Room 346 Tutoring Lab: Room 344	Monday - Thursday, 9:00am – 8:00pm Friday, 9:00am – 2:00pm Monday - Thursday, 4:00pm – 8:00pm Friday, 11:00am – 2:00pm

LEARNING ASSISTANCE CENTER (LAC)

Contact	Location	Hours
Phone: (415) 338-1993 Web: lac.sfsu.edu Email: lac@sfsu.edu	Health and Social Sciences Building Room 348	Monday – Thursday, 9:00am – 4:00pm Friday, 9:00am – 12:00pm

DEVELOPMENTAL STUDIES OFFICE (DSO)

Contact	Location	Hours
Phone: (415) 338-1006 Web: developmentalstudies.sfsu.edu Email: develops@sfsu.edu	Administration Building Room 211	Monday – Friday, 8:30am – 4:30pm

OFFICE OF STUDENT FINANCIAL AID

Contact	Location	Hours
Phone: (415) 338-7000 Web: sfsu.edu/~finaid Email: finaid@sfsu.edu	Student Services Building One-Stop Center	<u>One Stop</u> : Monday – Friday, 8:30am – 5:00pm <u>Phones</u> : Monday – Friday, 10:00am – 3:00pm

DISABILITY PROGRAMS AND RESOURCE CENTER (DPRC)

Contact	Location	Hours
Phone: (415) 338-2472 Video Phone: (415) 335-7210 Web: access.sfsu.edu Email: dprc@sfsu.edu	Student Services Building Room 110	<u>Office</u> : Monday - Friday, 8:30am – 5:00pm <u>Drop in</u> : Mon, Tues, & Friday, 1:00pm – 4:00pm Wednesday & Thursday, 9:00am – 12:00pm

STUDENT HEALTH SERVICES (SHS)

Contact	Location	Hours
Phone: (415) 338-1251 Web: health.sfsu.edu Email: myhealth@sfsu.edu	Student Health Center	Monday, Tuesday, Thursday & Friday, 8:30am – 4:45pm Extremely Urgent Services: 4:45pm – 5:00pm Wednesday, 10:00am – 4:45pm Limited Services: 8:10am – 10:00am & 4:45pm – 5:00pm <u>After Hours Nurse</u> : 415-338-1251 and press 1 for nurse advice regarding your urgent medical problem

COUNSELING & PSYCHOLOGICAL SERVICES (CPS)

Contact	Location	Hours
Phone: (415) 338-2208 Web: psyservs.sfsu.edu	Student Services Building Room 205	Monday - Thursday, 8:00am – 6:45pm Fridays, 8:00am – 4:45pm