

Five Ways to Get Back in Good Standing

1. Adjust your schedule

- a. Postpone taking difficult courses. This is not the semester to take courses you don't feel confident about. Schedule a meeting with your advisor and with someone in Academic Programs and Student Development to review your course choices in light of your probationary status.
- b. Use the second-grade-only option. The grade you earn the second time will replace the grade you earned the first time. Both courses must be at the UI (equivalent courses from another university don't count). You may use the second-grade-only option a maximum of three times—once per course title.
- c. Reduce your course load. Taking fewer hours will give you more time to devote to each course. A lighter course load will also allow time for recreation, exercise, adequate sleep, and relaxation, all of which boost academic performance. And if you're a freshman, reducing your end-of-semester total from 30 to 29 hours can shave .15 points off the GPA required to put you back in good standing.
- d. Change to a different course (weeks 1-2). If you have concerns about a course early on, consider dropping it and adding one that more closely matches your skills and interests. The dropped course(s) will not appear on your student record.
- e. Drop a course and receive a "W" (weeks 3-10). If a course isn't a good fit, talk with your advisor or Academic Programs and Student Development about dropping it. Ws do not affect your GPA, nor do they reflect badly on you as a student (unless you have a whole lot of them). There is no set limit on the number of Ws you may have during your freshman year. Continuing students and transfer students are allowed up to five (more) before graduation. If you have already used your five, make an appointment with Academic Programs and Student Development to discuss whether an exception to the five-W maximum can be made in your case.
- f. Withdraw your entire semester registration (weeks 1-12). If circumstances make it impossible for you to complete any of your current courses, meet with an academic advisor, Student Financial Aid, and/or other trusted persons to discuss whether it's in your best interests to withdraw completely. If you do withdraw, your student record will not list any courses for the semester.

2. Review and implement the study techniques provided at <http://clas.uiowa.edu/academic-probation-resources-and-strategies>.

3. Find a tutor—the earlier in the semester, the better! Jot down the number of the course you need help with and take it to the IMU Campus Information Center. CIC staff will provide you with a list of tutors you can contact to arrange times and fees (students pay tutoring fees themselves).

4. Talk with your instructor(s). Pay a visit during office hours, or schedule an appointment, to discuss how you might improve your performance. Go at least twice a semester.

5. Talk with someone in CLAS Academic Programs and Student Development. A counselor there will help you explore scheduling options, study skills, UI resources, and other strategies for success. Call 319-335-2633 to set up an appointment. If you receive a dismissal notice, and your low grades were due to illness, family issues, or other problems beyond your control, talk with staff in Academic Programs and Student Development about making a written appeal. If your appeal is accepted, your probation may be extended for another semester.