**NAME:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Appointment Date: \_\_\_\_\_\_\_\_\_\_\_\_ Appointment Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**PSYCHOLOGY ADVISING APPOINTMENT WORKSHEET**

**Academic and Career Goals:** *Setting goals gives your life direction, and boosts your motivation and self-confidence.*

What are your career goals after completing your BA in psychology at UB?

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What resources have you utilized on campus or elsewhere to assist you with your goals?

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**Current Course Evaluation and Future Schedule Planning:**

|  |  |  |
| --- | --- | --- |
| **Spring 19 Courses/Estimated Grades** | **Proposed Courses for Fall 19** | **Reasons for Taking Fall 19 Courses** |
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\*Please refer to your unofficial transcript and psychology program checklist for planning and tracking graduation requirements. Below is a checklist of items that you should be tracking for degree completion:

General Degree Reqs. Upper Level Gen Eds Major Requirements

\_\_\_Official Final Transcripts/AP/CLEP \_\_\_WRIT 300 \_\_\_PSYC 100

Scores Submitted to Admissions \_\_\_IDIS 302 \_\_\_PSYC 200

\_\_\_/120 Total Credits Earned \_\_\_PSYC 300

\_\_\_Cumulative GPA \_\_\_PSYC 308

\_\_\_General Electives Needed \_\_\_PSYC 309

\_\_\_Lower level gen eds and GR’s (see program checklist) \_\_\_PSYC 490

\_\_\_1 social science distributive

\_\_\_1 natural science distributive

\_\_\_1 applied psychology distributive

\_\_\_1 distributive from any of the 3

distributive areas above

\_\_\_/4 major electives

\_\_\_1 400 level PSYC major elective

**Accessing Your Academic Progress**:

Think about your academic performance this semester thus far. What is working well for you? What is hurting your success? How do you plan to improve your academic habits going forward?

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I have utilized the following academic resources/strategies this semester: (Check all that apply)

* Studied with friends/classmates
* Asked questions before/during/after class
* Took notes in class and reviewed them regularly
* Utilized tutoring through the Achievement Learning Center (ALC)
* Visited my professors during office hours
* Met with my advisor on a regular basis
* Attended an ALC student success workshop
* Utilized the OWL (Online Writing Link) for writing assignments

**Assess Your Time Commitments:**

What are your current volunteer and co-curricular activities, if any?

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Are you presently employed and/or have family responsibilities? If so, how many hours per week? Will these responsibilities hold true for next semester?

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Additional Questions/Concerns:

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**Important Dates/Deadlines**:

*\*May also refer to the* [*Spring 19 Academic Calendar.*](https://www.ubalt.edu/about-ub/offices-and-services/records-and-registration/download/academic_calendars/spring%202019%20academic%20calendar.pdf)

* Last Day to add/drop without a W: February 3rd (February 9th for 10 week)
* Last Day to drop with a W: April 10th (March 12th for 10 week)
* Last Day to apply for Spring 19 graduation: February 5th

**Helpful Links to Resources on Campus**:

[Individual and Group Tutoring](http://langsdale.ubalt.edu/achievement-and-learning/our-services/tutoring.cfm)

[Academic Coaching](http://langsdale.ubalt.edu/academic-success/coaching/index.cfm)

[Writing Consultations](http://langsdale.ubalt.edu/achievement-and-learning/our-services/writing-center.cfm)

[ALC Success Workshops](http://langsdale.ubalt.edu/achievement-and-learning/our-services/workshops.cfm)

[Career Center](http://www.ubalt.edu/campus-life/career-center/)

[Counseling Services](http://www.ubalt.edu/campus-life/counseling-services/index.cfm)

[Center for Educational Access](http://www.ubalt.edu/campus-life/center-for-educational-access/)

[Psychology Website](http://www.ubalt.edu/cas/undergraduate-majors-and-minors/majors/psychology/)

[Registration Guidelines with Screen Shots](http://www.ubalt.edu/about-ub/offices-and-services/records-and-registration/How-Tos.cfm)