**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:**

|  |  |  |
| --- | --- | --- |
| **Fall 15 Courses/Estimated Grades** | **Proposed Courses for Spring 16** | **Reasons for Taking Spring 16 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 \_\_\_ARTS 304 or IDIS 301 \_\_\_PSYC 300

\_\_\_Cumulative GPA (any 300 level GER for Fall 14 \_\_\_PSYC 308

\_\_\_General Electives Needed admits and later) \_\_\_PSYC 309

\_\_\_Lower level gen eds (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 15 Academic Calendar: http://www.ubalt.edu/academics/academic-calendar.cfm*

* Last Day to add/drop without a W: February 6th (February 7th for 10 week)
* Last Day to drop with a W: March 31st (March 9th for 10 week)
* Last Day to apply for Spring 15 graduation: February 6th

**Helpful Links to Resources on Campus**:

<http://www.ubalt.edu/academics/academic-support/achievement-and-learning-center/tutoring/index.cfm>

(Individual and Group Tutoring Info)

<http://www.ubalt.edu/academics/academic-support/achievement-and-learning-center/writing/owl.cfm> (The OWL) <http://www.ubalt.edu/academics/academic-support/achievement-and-learning-center/workshops/index.cfm> (ALC Success Workshops)

<http://www.ubalt.edu/campus-life/career-center/for-students.cfm> (Career Center)

<http://www.ubalt.edu/campus-life/counseling-services/> (Counseling Services)

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

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

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