Dami Hammer: I'd like to welcome all of you here to the Back on Track workshop. My name is Dami Hammer. I'm an academic advisor here on campus. The purpose of this workshop is to help you. It is not a punishment. We wanted to make sure you know what is required of you in order to keep yourself academically safe here at Chico State, okay? So I first want to know, how many of you are freshman? Okay. How many transfer students? Just a couple? Okay. It makes a difference if you're a freshman or a transfer student on the GPA's that are required or not required. So that's why I kind of wanted to know who my audience was. If at any time you have questions please feel free to stop me and ask. For the people that are viewing this on the video the dates may be a little bit different so make sure and check with academic advising about any particular dates that may apply to this. And if you have questions please call our office. So let's get started with the Back on Track.
The objectives of this is actually we want you to understand academic probation and disqualification, and the differences. And we want you to know what GPA you need to avoid disqualification. And in particular what grades you need. Not just the GPA, but what grades you're going to need to keep yourself academically safe. We want you to identify the challenges and barriers that lead to your -- to help you be academically successful and we want you to assess your previous efforts. The most important thing that we can do today is talk about academic probation and disqualification and the grades that are -- you are going to need in order to be able to stay here and be successful. It's important that you know the difference because everyone of you right now is on academic probation. That means that you are actually in danger of being academically disqualified if you don't reach the GPA necessary. So what GPA are you below if you are on academic probation? Who knows? Yeah?

**Audience member:** 2.0.

**Dami Hammer:** Yes, you're on academic probation if you're below a 2.0.
So I'm going to explain the difference. So you know you're on academic probation if you're below a 2.0 but what exactly does that mean for you guys?
So academic probation this semester it's just a warning light. So it means hey, it's time to do something different. Anybody here have a car? Okay. So you know when you drive a car if the gas light comes on and you ignore it you know what's going to happen. Right? I've traumatized my oldest son, who's now 35 years old. When I would drive him to Kindergarten the gas light had come on, you know, a day or so before and I ignored it. And then on the way to Kindergarten -- driving him there -- I ran out of gas because I ignored that warning light. I didn't just ignore it once or twice, I probably -- we probably ran out of gas three times. So I was a slow learner. Don't be a slow learner because this is much more important, okay? Don't be on the side of the road. Now you know, hey this is a warning. Then take heed and do what you need to do to get off academic probation. The other thing I want to point out is, believe it or not, there is no time limit that you can be on academic probation. You can't graduate on academic probation, but you can actually be on academic probation every semester you're here. I hate to almost say that, but I just want you to know because some students think that if you're on academic probation for two semesters you're automatically disqualified and that is not the case. And I would encourage any student who thinks they're academically disqualified, don't just walk away from the university. Come and ask, come talk to an academic advisor, okay?
So I gave you all the GPA probation disqualification sheet and I'm going to talk about this. So most of you said you're freshmen. So that means you have between zero and 29 units. At the end of this semester if you have between zero and 29 units you must have a 1.50 GPA, okay? That's the bottom line. And we do not play around with that. You must have a 1.50 GPA. That's combined for the first and second semester total, okay? Transfer students; most of you are probably at a junior level. Are you juniors? At the end of the semester will you be a junior with the units you have completed? So let's say you have 72 units completed right now, and you decide to be in 18 units. You wouldn't want to do that because it would put you up to the senior level, okay? You're going to have to earn a 1.85 GPA if you're between 60 and 89 units completed. Now I'm sure the transfer students may have noticed that you probably still have over a 2.0 cumulative GPA. Is that correct? Yeah. That happens a lot with transfer students and that's one reason we try and get you guys in here as soon as possible, too, because I think you don't realize your GPA's are totally separate. In order to graduate from Chico State you have to have a 2.0 Chico GPA, 2.0 Cum GPA, 2.0 Major GPA, okay? And if you have a minor you have to have a 2.0 in that, also. So that's why the GPA's go up as you get a higher level academically standing, okay? So we do not base it on how many units you've attempted. So maybe you've attempted 95 units but you've only completed 65 units. You would need a 1.85 GPA, okay? Does everybody understand that? Okay.
So we want to talk about -- so you now know what GPA is required of you to avoid disqualification, and disqualification means being kicked out of the university, having to sit out for a while. As a transfer student, you already have 60 units completed so you would have to sit out for one year before you're eligible to apply back to the university. If you're a freshman, in order to be re -- to come back to Chico State you need to actually 60 units completed, okay? And all of Area A. So that may mean if you're disqualified you may have to sit out two years. But when I say sit out you aren't really sitting out doing nothing. You would be hopefully going to a community college. You would have attended a “Disqualified -- What's Next” workshop and know what to do. And we're not going to get into all the particulars on that, but we just want to know how to avoid disqualification.
So there's three things that can help you. The first thing is know the specific grades you need to avoid disqualification. How many of you have gone to the GPA calculator or know where it's at? Okay, a couple of you. Excellent. This is one of the most important things you can do. If you get nothing else out of this workshop make sure -- go home, pull up the GPA calculator and -- and figure out exactly the bottom line grades you need in order to keep yourself here academically safe. Okay, and first you're going to start with what's it going to take to avoid disqualification and then you want to look at, okay, what's it going to take for me to get off academic probation. So that's how I would do it. Some things that can help you do that and one reasons we put your holds on was that we hoped you would get in here right away, right when the semester started so you could possibly repeat classes that you failed last semester in order to help yourself academically. Is anybody here repeating a class they failed last semester? Okay, what class are you repeating?

**Audience member:** Math 118.

**Dami Hammer:** Math 118. Is that a requirement for your major?

**Audience member:** Mmm-hm.

**Dami Hammer:** Okay. So that would be one reason you would take -- repeat a class again. Because you need it for your major. Anybody else repeat a class? What class are you...
Dami Hammer: Pardon?

Dami Hammer: Okay. And is it for your major or just?

Audience member: No its GE.

Dami Hammer: Just GE. Okay. If you have failed any class in Area A, which everybody knows you need to have a C minus or better -- correct -- in area A; you would want to repeat one of those courses as soon as possible. GE classes; if it's required for your major also as well as GE, you would want to repeat one of those classes. You do not have to repeat a class the next semester in order to take advantage of repeat with forgiveness. How many repeat with forgivenesses do you get the whole time you're here?

Audience member: Three.
Dami Hammer: Three. Exactly. Three repeat with forgiveness's, okay? The thing is that you would have wanted to repeat the class this semester in order to take advantage of it helping your GPA for this semester. But you have up until you graduate to complete one -- to retake one of those classes that you failed, okay? But you want to be able to take -- to use advantage of it by helping your GPA this semester by using a repeat with forgiveness. So that's why we put the holds on, hoping you'd get in here. Come to the workshop, find out oh I need to repeat that class anyway I might as well take it this semester. Here's the other thing. If you -- let's say you take Accounting 201 and you fail it. And you take Accounting 201 again this semester and fail it. Do you think you should file a repeat with forgiveness on that?

Audience member: Yeah.
Dami Hammer: Excellent. Most students we've found that even if you repeated a class and you failed it again that you shouldn't have a -- do a repeat with forgiveness on it. But the point is what a repeat with forgiveness does is it basically takes out your first attempt. So while you took Accounting 201 and earned a F both times you at least want to take advantage of it and get rid of one of them. So that's why you would file a repeat with forgiveness. So the registrar's office actually built a program and now they automatically do repeat with forgivenesses on classes that you failed. Now if you earned a D in a class and you're repeating that, it will not automatically do a repeat with forgiveness for you. So you would need a form for that and I can show you that later. The other thing we're going to eventually talk about is if you're unable to get the grades that you need you might want to think about taking a planned educational leave. And that can actually be some of the freshmen in here. If you have a zero zero GPA and you are not repeating any classes it may be hard for you to get the grades you need. So I'm not going to show you or have somebody come up and use their -- going into their student center and do the GPA calculator but what I did do is I have some snag-it things in this program so you can see some actual examples.
So right here we have a freshman, okay? So I brought some examples. At the end of the semester he attempted 16 units and his GPA is 0.375, okay? Looks pretty bad. He has two WU's. Does anybody know what WU's mean?

**Audience member**: Withdrawal.

**Dami Hammer**: It means unauthorized withdrawal. So basically the student stopped going to class. An F -- or a WU is equivalent to an F, okay? So do you notice if he's repeating any courses this next semester?

**Audience member**: Physiology.

**Dami Hammer**: He's repeat...

>> [Inaudible audience response].

**Dami Hammer**: Right. So this student -- he's doing Human Physiology and Academic Writing English 130 again. So he's in a good position because at least he's going to have the opportunity to use repeat with forgivenesses if -- if he can. So I'm going to show you what it does on the GPA calculator.
So here’s the GPA calculator. Before it it was a 0.375. This is kind of hard to see -- let’s see if I can –
-- so it was a 0.375.
What you do is you go to the GPA calculator and we estimated grades.
And what we did was we put -- we put the student having all C's. Whoops sorry about that. So if you notice he has all C's. At the end it doesn't help his deficit which it what you get if you get F's and you go down like on that sheet of paper I showed you. If you had a three unit F you would go down six grade points. Right? Well that student had four three-unit F's so he had -- or three-unit F's -- so that's 24 grade points. Well actually he had something else, so he had minus 26 grade points. Your GPA -- his GPA went up with all C's even though it says here C's no affect, because that's what you're supposed to have in order to have a 2.0. But it improved his GPA but not his deficit. So he's at a 1.18. Is that going to be enough to save himself for this -- for next year? What GPA does a freshmen need to have?

**Audience member:** 1.5.

**Dami Hammer:** 1.5. So... This is really blurry so I'm going to zoom in on it.
What I want to show you is...
...he took two classes again...
...so you put a click on a place that says add repeated with forgiveness. He took a four-unit class again that he earned an F a first time, and he repeated a three-unit class that he earned an F in, okay?
So now what the GPA shows is he actually has a 1.52 GPA.
Is he academically safe?

**Audience member:** Yeah.

**Dami Hammer:** Yeah. You notice what a huge difference repeating those classes did. I mean it makes a huge difference. And his deficit went down to a minus 12. Does everybody see the deficit up there? Okay, so if you use this piece of paper and you look down on the three-unit column area and it shows a three-unit class and it has a B. How many grade points -- the middle column is grade points earned -- he earns nine grade points but on the column next to it where it says gain -- points gained and lost -- how many grade points will he get if he earns a three unit B?

**Audience member:** Three.

**Dami Hammer:** Three. So how many B's would this student need to get to get to a 2.0? How many...

**Audience member:** Four.
Dami Hammer: Right. Four. But then that's because four times three give you 12. So if he takes four three-unit classes and earns B's in each of them he's going to be at exactly a 2.0 the next semester. So this student has done some very smart things. He re-enrolled in classes that he failed and he's retaking them at Chico. Now you can fail Accounting 201 here, and then decide to go to like a community college -- like to -- our local one is Butte Community College, and if you take it there you can't take advantage of using repeat with forgiveness. In order to use a repeat with forgiveness the second attempt has to be taken at Chico. Yes?

Audience member: Does it have to be the same teacher or does it just have to be the same class?

Dami Hammer: Excellent question. He asked does it have to be the same teacher. It does not have to be the same teacher. It has to be the exact same class. So like in that Area A when you have a choice between CMST 131 and 132, let's say you took 132 the first time and you failed it. You can't take CMST 131 and use a repeat with forgiveness for it then. It has to be the exact class but you can do a different instructor, okay? And like I said, you don't have to do it this semester but the advantage to have doing it -- to have been doing it -- this semester is you could then use that repeat with forgiveness. Because you can see this student -- let's say he didn't have repeat with forgivenesses. There's no way he would be here next semester. He's going to be disqualified from the university. He will complete requirements, and that's a good thing, but he will be disqualified from Chico State, okay?
**Audience member**: What's the significance of a grade point variance?

**Dami Hammer**: The grade point variance basically has to be at zero or in the positive in order to graduate here at Chico.

**Audience member**: So that's...

**Dami Hammer**: Okay? It’s a 2.0 -- it does have something to do with disqualification. But mainly you're going to look first at the GPA, okay? The variance helps you know what grades you need to earn easily. So like if you're 24 grade points deficit how many B's is that going to take to get to a 2.0? Eight times three is 24. So it would take eight B's to get to a 2.0. So that variance helps students to understand exactly what grades they need to get. But the GPA is the bottom line. You have to pay attention to this sheet on the GPA, okay? Those are the requirements at the end of spring semester.
So let's say you just now realized that there's no way in heck you can get the GPA you need. You have a choice to make, especially as a freshman. You can continue out the semester and complete those classes and have those requirements satisfied and know you'll be disqualified. Or you can decide, you know what, I'm going to take a planned educational leave. If you do it be Friday there won't be any W's on your transcript. It's like you weren't here this semester. So you have until Friday census date. So that's the fourth Friday of the semester; that's census date. That's when you have to decide whether or not you want to withdraw or not. You'll have to withdraw and then you would take a planned educational leave. What that planned educational leave will do is it saves your spot here at Chico. Because you weren't disqualified -- because you weren't here in the spring we can't disqualify you. And then it gives you the opportunity to just come back in the fall -- like you were planning on doing and then you have fall and spring to get your GPA up to the requirement that you need, okay?

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So I want to look -- so the- -- oh, here we go. Now it shows it much better. So the freshman earning all C's and repeating two courses; it shows that he has a 1.52 and the deficit is only a negative 12, okay?
So now I want to show you a transfer student. So this transfer student came in and -- and now at the end of the first semester he has 78 units completed. He only failed one class but he's still -- his GPA -- his Chico GPA is a 1.17. You notice his Chico GPA is over 2.0. but he's still on academic probation because it's whatever GPA is below a 2.0 that will put you on academic probation. So this student is actually repeating a four-unit D that he failed, the CSCI 111. And is he repeating anything else? No. So his -- he's going to be at a senior level because right now he has 78 units completed. If he completes all these units -- let's see, four, eight, 12, 18 units -- he's going to definitely going to be a senior. And he will need to have a 1.95 GPA, okay? So let's see what his GPA calculator shows.
So we gave this student all C's -- I'll show you that, okay?
He got -- earned all C's.
And here's...

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the GPA he ended up with...
...1.58, okay? And he has 96 units completed. So that's definitely not enough for him to stay academically safe here.
However, transfer students are in a little different case. This student is doing a difficult major, computer science. He has some 300-level classes. His deficit -- it is a minus 14, but he's earned at least all C's this semester. If he earns better than all C's, or she, I'm going to say, come into academic advising if this is you and you don't have any repeat with forgivenesses. Come talk to us. Transfer students are in a much different place than freshmen. Freshmen have a very low GPA and have a long time to get their GPA up. Transfer students -- it really affects you quickly so that's why we want you to come in, see what we -- let's talk, okay?
So then we gave this student a repeat with forgiveness -- and I'm going to zoom in so you can see. So he had a three-unit F. I forget which class he repeated.

**Audience member:** Computer Systems.
Dami Hammer: And so now he is at a 1.74.
Is that enough for him to be academically safe?

Audience member: No.

Dami Hammer: No. So then what we did...
Sorry about this. [Inaudible.] Then what we did, we gave him a repeat with forgiveness. We filed two repeat with forgivenesses and gave him one B, and he ended up with a 1.96, okay? I think I used a three-unit or four-unit D and a three-unit F on his, actually. And -- what else did I do? And I had to give him one B. So what you need to do -- the whole point of this is you need to go home and pull up the GPA calculator and put in specific grades. And if you failed every course this semester and most of it was due to you were out partying or not paying attention and going to class, whatever. Okay, be realistic with yourself. What type of student were you in high school? What type of grades do you typically get? If you're a C student don't predict that you're going to get all A's. Because this isn't going to do anybody any good except you, if you're honest with yourself, okay? And that's the whole point of it. We're here to help you. We're not here to judge you. Come in if you have specific questions and we can talk to you and help you, okay? If you're a transfer student and you have all C's, or all C's and a B, but you're not reaching the GPA that's required, come in and talk to us. Do not walk away, okay? We're here to help you. Does anybody have any questions on any of that?

**Audience member:** I have one question.

**Dami Hammer:** Okay.
**Audience member**: I had to take a Math last semester and I got a B but they didn't count it on my GPA because it wasn't a -- it was like a lower-level, like high school Math.

**Dami Hammer**: Okay.

**Audience member**: That's the only reason why I got below a 2.0.

**Dami Hammer**: Okay.

Audience member: I got a B in it. I just don't understand how that's like fair.

**Dami Hammer**: Okay, it's fair because it's not going to calculate into your college transcripts. It's a pre-college level course, okay? So if you have another -- a second semester of remedial and you do well and you -- all your other classes are pretty good, that would be a different specific thing to come in and talk to us about.

>> [Inaudible audience response].

**Dami Hammer**: Okay, good.
So, now you know what it's going to take to keep your GPA's up, or you should know. You're going to go home and do the GPA calculator. You don't have to file any repeat with forgivenesses. They are automatically done unless you're doing a repeat on a D to help keep yourself academically safe. And if you are, this is what the form looks like. It's a pink form and you pick it up right in front of the Officer of the Registrar, SSC110, okay? At this point you still have the opportunity to drop a class if you need to until Friday, until census date. All you need is a green form; that's the drop form. And the instructor's signature. That's it. So for some of you students maybe it's putting you over the edge to be a senior instead of a junior. You might want to drop down if it -- you're taking 15 units, you could go down to 12 units this semester. Or a freshman; if you feel like there's no way you can handle this semester, that you enrolled in way too many classes, drop one of your classes. You can still do it with this form, okay? It's too late to add a class or change any classes right now. At this point I would not recommend trying to get into any classes that you failed last semester and are not enrolled in this semester. It's just not a good time, the fourth week of the semester. If it would have been the first or second week I would have said go try and get in those classes. But not at this point, okay?
So, why are you in school? That was one of the questions on the pre-assessment. And it may be because your parents wanted you to go, or maybe you wanted to play sports, or maybe you figured out that a degree is required for your career objective. Whatever the reason that got you to come to school, you have to find a reason that -- why you want to stay here at school, okay? So especially if it was -- it was expected of me to go to school. My parents made me come. Maybe you're not ready to be in school and you need to really have that conversation with your parents. Or maybe you've realized okay, it was my first semester here. I had a lot of fun last semester; now I realized I had all that freedom. I had forgot about the responsibility, now I get it. I'm ready to do that. You have to find something to help keep you here at school. You have to find that passion yourself, okay? So getting here is -- okay, you got here but now what's going to keep you here. You have to motivate yourself. You have to know -- be the one to get the grades that you need to get to stay here.
So we also asked you for the pre-assessment -- and for those of you watching it on the video there is a form to the pre-assessment and we’d ask that you fill that out and think about things when you -- before you do the workshop. The pre-assessment asked you to look at some of your barriers to success. So we're just going to focus on them for just a minute, because I don't want to focus on them I want to mainly talk about what you can do from here. The reason that we have these up here is because we wanted you to think about really is what is it that went wrong last semester. If it's social distractions; okay now you know some things maybe you can do differently. But we also wanted to put things on there like maybe you have test anxiety, or we wanted you to think about your course load, or maybe you have concentration problems. We want you to know there’s places you can go for these -- for help on some of this. And we're going to discuss more of that further. But at this point you were all given a yellow sheet of paper. Does everybody have one of these? What I would like you to do just very quickly is write the three barriers to your success that you want to work on this semester.

**Audience member:** Can I get one?

**Dami Hammer:** Yes.

**Audience member:** So we write down three [inaudible]?
Dami Hammer: Sure. Or any three that you have.

[ Static, mostly inaudible, for 23 seconds ]

Dami Hammer: So you can put anything that you really felt like you need to work on this semester. If it was social distractions -- maybe it was time management; it tends to be one of the first things students say. They had poor time management and they weren’t organized enough, okay? So I want you to finish writing down those three barriers, but on this piece of paper -- on this yellow piece of paper you'll notice right below it, it also talks about your strengths. And everybody has strengths that they can use. So what -- what's somebody's strength here? What do you think one of your strengths is to help you be successful in school? Anybody? Do you have one?

Audience member: Talking to other people.

Dami Hammer: Okay, so you're a good communicator?

Audience member: Yeah.
Dami Hammer: Excellent. So I'm hoping you're going to communicate with your professors and with students when you need help with something, or an advisor. That can help you. So you should write one of your strengths is that. One of my strengths is I'm a very empathetic person. Probably sometimes to a fault. But I believe -- I can put myself in somebody's shoes and I want to help them be successful. So everybody has strengths, also. So what I'm hoping is you'll think about your strengths that can help you overcome the barriers to your success, okay? So you guys can finish filling out those parts in a little bit. So just pick three barriers that you really felt like you want to work on this semester. And it is different for every person, and we found out with transfer students it tends to be much different that it is with freshmen too. Because we do realize with freshmen a lot of it is first time away from home, all that freedom, and they forget the responsibility piece. I've had four boys, I really [chuckle] understand people. I know I wasn't perfect when I was going to school. They weren't perfect. That's why I love my job. We're not here to judge. We're here to help you achieve your goals. Not our goals; what your goals are.
So here’s a shock. Going to class can help equal student success. How many of you had issues with getting to class? Just a couple? Wow, usually it’s the majority of people. How many of you got 8:00 a.m. classes? How many of you are 8:00 a.m. type people? Excellent. We love it that you are. He’s going to get all the good classes, right? Early in the morning. When I usually do this workshop because people are coming in right at the beginning of the semester, I'll say do yourself a favor; change your schedule if at all possible. At some point you're going to have to do 8:00 a.m. classes but if you're not an 8:00 a.m. person, this isn't the semester to do it with being on academic probation and in danger of being disqualified. But if you're already in that class now you'd better be setting that alarm twice or whatever to help yourself get there, okay? So the biggest correlation is, go to class and you will probably be successful.
The other thing is we want to make sure you have a realistic sense of what it takes to succeed in your classes. What do you guys think it takes to succeed in your class? Yes?

**Audience member:** Good note taking.

**Dami Hammer:** Good note taking. Excellent.

**Audience member:** Definitely staying caught up in the reading.

**Dami Hammer:** Helps tremendously staying caught up in the reading, huh? Anybody else? Yes?

**Audience member:** Homework.

**Dami Hammer:** Homework. Those are all excellent things.
So we're going to kind of do a quick little academic report card. So how many of you had issues with class attendance? Okay. So the majority of you. How many felt your study habits were good study habits? How many feel like they could improve their study habits? Okay. How about -- how many of you attended -- or went and visited your professor during office hours? Excellent. That's the best thing I can recommend to every single person. How many of you right here in this room have already gone and introduced yourself to your professors for this semester? Okay. Some of them. You know it's funny, I usually ask that question how many of you have introduced yourself and somebody will say I've gone and talked to a couple of them; the ones I know. Well, the point is go talk to the ones you don't know. Go introduce yourself, because when you do that you put a name with the face. You kind of then feel like oh I better go to class if nothing else. But also it can make a difference. If you're going to class every single day and you're going to professor's office hours and saying, "Hey, I've been having trouble with this part. I -- you know, can you explain what I should -- how I should attempt this problem or not?" And you're in there continually and it comes times for grades. And in that Area A, what grade do you need?

**Audience member:** C.

**Dami Hammer:** C minus or better for most people. If it's between a C minus and a D plus and you're in there all the time; do you think the professor's going to nod more towards the C minus or the D plus?
Audience member: C minus.

Dami Hammer: It never hurts to go talk to your professors. Go there for specific things. Don't just go and say, "Hey, I just wanted to say hi." But introduce yourself, tell him what class you're in, say, "Hey, I loved your lecture the other day, but I didn't understand this part." Go talk to them. They're just people. If you're sick, you want to email your professors, let them know ahead of time, okay? How many of you have gone to the Student Learning Center? Does anybody know where the Student Learning Center is? Okay. So that gets back to study habits. Okay. So the Student Learning Center is on the third floor of this building, SSC 340. Almost all student services are on -- in this building. SSC 340. It has free -- let me say it again -- free tutoring, okay? For any of those -- like Political Science 155, History 130. There's writing help. There is Accounting 201, Math -- all the Math classes. It goes on, and on, and on. I'm going to show you the link to the website later. The Student Learning Center is your friend. Free tutoring. I would recommend you go sign up today for a class. I had a student -- I asked a student if they had gone to the Student Learning Center yet for tutoring and they said, no, they hadn't had any trouble yet. And that's the point. You don't want to wait until you're having trouble because then you can't get into one of those study groups, okay? Go now when you're not having so much trouble so then you're in a specified time. Then when you are having trouble you can get the help. But if nothing else you can get your homework done while you're in that study class.
The other thing is the Student Learning Center offers study skills workshops on note taking strategies, on test taking strategies, and -- does anybody here have an issue with procrastination? Waits to do something until the last minute. Yeah. I always said that I was going to take the procrastination workshop but I could just never get around to it. Well, guess what? I can't procrastinate any longer because even if they're not offering it in person, you can access it online by going through the Continuing Education website and link. And I'm going to show you that in a minute, okay? Because you want to take advantage of these workshops. Even if you do two workshops in the privacy of your own room or apartment or whatever online...they're like 35 minutes, some of them are 25 minutes. And you only get -- maybe you get two helpful hints out of it, that's two more helpful hints than you had. One of the best ones is there's reading strategies and that can be helpful because you guys are given so much to read and you can't always get all the reading completed all at once. So they design a way to -- you know hey, look at the headings, look at this, read the questions. It can be helpful for you. So do the study skills workshop. Did anybody ever join a study group? Did it help?

**Audience member:** Yeah.

**Dami Hammer:** Yeah. Did you -- did the students organize it? The study group.

**Audience member:** Yeah, it was only, like, right before the tests.
Dami Hammer: Okay. Right before the tests. I will tell you, I was once in a class where there was a -- it was a history class and the professor gave essay questions and all his tests were essay. And he gave you the exact questions that were going to be on the test. I watched this girl who said, "Hey, anybody want to join a study group?" And she was brilliant. She broke out the questions, she said, "Okay, you take question one, you do two, you do three. Everybody type up a one-page answer to the question. Bring it back and make photocopies for each person." The whole point was, then they were able to each exchange and they read over the material, and read over the material, and read over the material. Then you're ready for the test. She was studying smarter not harder. And then you have to write in your own words anyway what -- the answer so hey, you know, that was a smart way to study. So I hope that you guys think about this. Is anybody doing anything different this semester than last semester to help themselves be successful right now? Yes?

Audience member: I'm forcing myself to go to class and then I got a couple study groups I [inaudible].

Dami Hammer: Excellent. Forcing himself to go to class and having study groups. Yes?

Audience member: I make sure I put more time to my reading and [inaudible].
Dami Hammer: Excellent. Good idea. Putting more time into it. I can give you a couple suggestions. If you have groups of -- you know, spaces in between your schedule don't go home. Take a little break but then go to the upstairs in the BMU, go to the library, go downstairs in the BMU. Don't go home -- stay on campus and work for a couple hours. That way at night you have your free time. Or let's say social distractions was your big issue last semester. Instead of going out five times a week -- hey, let's think about only going out three times a week, but you can't go out until after 8:00 o'clock and that's only if you've done two hours of homework. I mean, those are little things that you can do to help yourself be successful.
Okay, so tips for success. I kind of just asked you this. I mentioned all kinds of things that you can do and somebody said do -- you know, spend more time on the homework, force yourself to go to class.
What’s a couple other ones that you can do that I’ve already -- I just mentioned today some things that you didn’t know about before. Yes?

**Audience member**: The study skills workshop.

**Dami Hammer**: Excellent. Study -- study skills workshop. What about you guys? What else can you do?

>> [Inaudible audience response].

**Dami Hammer**: Pardon?

**Audience member**: Repeat with forgiveness.

**Dami Hammer**: Repeat with forgiveness. Use one of those.

**Audience member**: Study group.

**Dami Hammer**: Join a study group. The number one thing you should do. Yes?

>> [Inaudible audience response].
Dami Hammer: You can use two repeat with forgiveness.

>> [Inaudible audience response].

Dami Hammer: You have three repeat with forgiveness's. He can use two this semester if he wants. Thank you for the clarification. What's the number one thing to go do?

>> [Inaudible audience response].

Dami Hammer: Besides go to class, meet with your professors. You shouldn't just go to class. You should go to class and participate, okay? The more you participate the more you're going to know what's going on, the better you're going to feel about it. I had a student that I'd worked with who had done poorly previously and I -- she was junior level so I wanted to make sure she stayed in school and kept going. And so I put her on kind of a special contract type of thing, which is very rare. And one thing I mandated that she do was go to the study skills workshop and do the time management workshop. She now has a planner. She came and showed me everything she has listed, and she was so excited the other day. She said, "I feel so much better. I feel like since I've used this planner my whole life has gotten more organized because I know what's going on. I know what needs to be done. I'm ready ahead of time." And she says, "I just feel good in general."
And she was doing great and off academic probation. So it can make a difference on how you feel about things. Is there anybody here that was in a major that they realized hey, it's not the major for me? Okay. So were you taking classes in that major last time? Yeah. It can be hard if you don't have a major that you really love or are passionate about to want to stay in school. And that's why it's important to find what your passion is to help you want to be here. The other thing I recommend tips for success; take a stress reliever class. A one unit stress reliever class like -- hey, it can be ballroom dance, it can be rock climbing, it can be Taekwondo, it could be flag football, it could be tennis. Those are excellent things to do for stress reliever. And it does two things; it relieves stress and it boosts your GPA. Because if you take a class and you -- you take a one-unit class and you get an A you're going to gain two grade points. If you do that every semester you're going to be helping yourself. Now here's one other tip. If your GPA is really low and you want to improve your GPA you could take next semester KINE 296; Kinesiology 296. It's American Sports and Film. It's -- you watch -- it's a one-night-a-week class, for three units. You watch a sports film that has to do with a period in time like Cinderella Man is about boxing and the Irish. How terrible is it to watch a movie one night a week? Okay? If you go to every class, you watch every movie, you don't fall asleep and you're not comatose you should get an A in the class. We expect that. Now here's the kicker. That's a three-unit class that you can get an A in. That's six grade points you can gain back just like that. And here's the real kicker, you can actually take that class twice, okay?
Audience member: What's it called?

Dami Hammer: KINE296. American Sports and Film. Yes?

Audience member: If it's not in your major does it still help you?

Dami Hammer: If it's not in your major it still helps your overall GPA. It is not a GE requirement, it is not a course requirement, it's what we would refer to as an elective but it can help boost your GPA.

>> [Inaudible audience response].

Dami Hammer: It will definitely help your Chico one because it's here at Chico.

Audience member: All right.
**Dami Hammer:** Okay? The other thing I want to -- since you mentioned it, I want to talk real quick about the repeat with forgiveness. You can’t be intending to use one of those to help your GPA for this semester. You have to actually be in the class the second -- this semester in order to take advantage of the repeat with forgiveness for this semester, okay? You can't just be saying hey I'm going to -- I'm going to repeat that class. That's great. I hope you do repeat the class, but you actually would need to be in it this semester to take advantage of the repeat with forgiveness, okay?
Okay, so tips for success I'm just -- I'm going to list a couple. You -- we've talked about go to class and participate. We've talked about meet with a professor. You should also meet with an academic advisor. We can't know what's going on with you if you don't come in and talk with us. Now I'm not going to lie to you. The first two weeks in our office are extremely busy and if you have your schedule set and you don't need to change anything I would avoid trying to come in because you can wait for an hour or maybe two. But after that -- if you go up there right now we are not that busy. We want to talk with you. Now is the perfect time to be planning your classes for next semester, believe it or not. Because in April you're going to be signing up for classes. So come in this semester, come in now before that rush and talk to us. The other thing is we want you to manage your time and those time management courses can help. We want you to tap your resources and we're going to talk more about that. It helps if you get involved in the school in any kind of curricular activities. And to set goals. And we're going to talk about goal setting in a minute. But first, the one that I really want to hit is know what's required of you. Is anybody in here a business major? Okay. What grade do you need to have in your A4 Math? Math 105 or 107.

**Audience member:** I think it's a C or better.

**Dami Hammer:** A C or better. What grade do most students need to have in Math in that A4? C minus, okay? He needs in his Econ 102 and 103 which is in area D1 and D2, you need a?
Audience member: C.

Dami Hammer: A grade of C. Anybody else in here for GE purposes can earn a D. What grade do you need for History 130 or Political Science 155? Anybody know?

Audience member: C minus or better.

Dami Hammer: Okay. I had a student who never came in until after he was disqualified. When he came in he wanted to talk about getting reinstated and what he needed to do. And when I first pulled up his transcript I started shaking my head and I learned something about myself. I think my body language was expressing to him that I thought, oh my gosh you're stupid or whatever. And that was not the case, because --I'll tell you the story. I looked at his transcript. The very first semester he was here he took Political Science 155; he earned a D. He took Political Science 155 two more semesters and he got an F each time. It's a three unit class; you get an F, it's down six grade points. So down 12 grade points just like that. He was doing a difficult major, Civil Engineering, and he received F's in some of the other classes so he was disqualified. He went to the community college in town and he took the equivalent to our Political Science 155 two more times and he had earned an F both times. But he had started doing better in the other classes and he wanted to see what it would take.
Well when I sat down and I shook my head I wasn't thinking "oh what a dummy." I was thinking, "Oh my gosh, I wish you would have come in and talked to us right away." The very first semester he took Political Science 155 and he earned the D. It satisfied the requirement. He didn't need to take it all those times, and yet he took it four times and it brought his grade points down 24 grade points. Because four times six, 24. Yes?

**Audience member:** I have a similar thing [inaudible]. That clears it right?

**Dami Hammer:** That clears it. You're good. Good to go. Don't take it again. There are going to be some times when we're going to recommend to a student okay, you got a D move on. You do not need to get a different grade. But know what's required of you means come talk to an academic advisor, talk to you major advisor. Don't depend on your friends for this one. This one's kind of important. Know what's required by either talking to an academic advisor, or a major advisor, okay? Also if you don't have a major and you're just kind of wandering aimlessly it's important to explore majors, and we can help you with that. But the other thing I want to talk about is goal setting.
You should make your goals specific, measurable, attainable, realistic and time-bound. If you remember the word smart you should be able to figure this out. Now all of you wrote three things that you wanted to work on. You should make three SMART goals for yourself at some point. It is been proven when you write down a goal you're much more likely to reach that goal, okay? So that's why I had you write it. So I'm going to show you an example of a SMART goal.
But this one is -- if I wanted a B in calculus some of the specific steps I would take. I would study for two hours outside of class. I would meet with a tutor weekly because math would be extremely difficult for me. Attaining a B in calculus, I don't know if it's realistic. I think it is. If I work my butt off, I could probably do that, okay? But I'm going to ask professors questions during class. And how are you going to recognize success? Well hopefully your grades on assignments and tests are going to improve. I'm a firm believer in you need to reward yourself. If you set a goal and you reach it, reward yourself. Because that's why you're setting the goal
I think we did perfect class attendance. You know, I'll arrange my schedule so it sets me up for success. No big gaps. I'll set two alarm clocks to get up on time. So we made that one into a SMART goal.
And I will have perfect class attendance. It's measurable; you can use your planner to keep track of it. Is it attainable? Yeah. Can you -- can you attend every class? Yes. Unless you get sick. And if you get sick go to the health center and then take your professor the thing saying you went. Is it realistic? Yes. You can go to every single class. That's a realistic goal. And it's time bound. Heck, you only have to do it until May. So now you have one less month that you have to do that. So one month is already gone and hopefully you've all had success with attending classes.
So the helpful resources that I'm going to show you -- as soon as I leave this I'm going to go to our main Chico State website. But I want to show you where the GPA calculator is. I want to show you the Student Learning Center and the frequently used forms.
But before I do that I just want to show you briefly that there's resources here on campus for you. I talked about our office, which is Academic Advising. We're in SSC 220. How many of you have ever been up to SSC 220? Nobody? Okay, a couple. You should -- you should come.

**Audience member:** Where?

**Dami Hammer:** SSC 220.

>> [Inaudible audience response].

**Dami Hammer:** My office. Academic Advising, okay? SSC 220. The Student Learning Center is in SSC 340. The other thing I really like to hit on is the Student Health Center. Hopefully, if you're sick you go to the Student Health Center. But the other ones I like to talk about are the Counseling Center. People deal with a lot of issues and when I have that “barriers to success” -- some people get sick, some people get homesick, some people get depressed. Maybe they have a relationship problem. We've had students whose parents have died while they're at school. There are things that are serious that you guys deal with all the time. Maybe it's even financial and you're wondering how you're going to pay for everything. There's no other time in your life that you're going to have free counseling available to you. It's in this building, SSC 430.
I urge you to go talk to somebody if you're having some issues. The other thing is we have the Campus Alcohol and Drug Education. We understand that sometimes students come here and maybe start drinking or get into drugs. My best friend's daughter came to this school and she ended up becoming an alcoholic. She went to the campus drug and alcohol place and they were very helpful. They -- she started going to AA meetings. They're not there to judge you. We're here to help you, so take advantage of the resources. Financial Aid; maybe you're worried about financial aid. Go talk with them. There's Student Employment. The other one I really like to talk about is Student Judicial Affairs. A professor can send you up to Student Judicial Affairs if they feel like you've plagiarized. But if you feel like you attended class, you turned in all the papers, and you for some reason aren't earning the grade that you think you should, and you've gone and talked with the professor, and taken him the paperwork to prove that you've done the grade -- the work -- you have the right to go to Student Judicial Affairs also. So -- lastly, I want to point out the Career Center. Great place, especially for you juniors and seniors. You should get registered there because they do mock interviewing, they can help with internships. It's an important thing to go to.
So at this point, hopefully you know that you're in danger of being disqualified at the end of spring if you don't get your GPA up. Hopefully you know how to use the GPA calculator. You know that you should repeat classes that you failed that you absolutely need. Be honest with yourself. Figure out if you're really going to change things or not. Use your resources.
Lastly, here's our advising hours. We're in SSC 220. We do drop ins every day from 9:00 to 3:00. We have an email address if you need to ask a question and you can't get in. There's our phone number.
Does anybody have questions? Okay, so I'm going to show you -- I'm going to exit this program and I'm going to show you the Chico State website and where to access a few things, okay?
So here’s the main Chico State website. If you go to quick links and go to Advising…we're the second one down.
You come over here; here's the GPA calculator. Everybody should go to the GPA calculator.
Once you click on it it's going to ask you to log in and then you're just going to log into your portal, okay?
The other thing is we also have frequently used forms. If you need to change your major you can do that by going to our frequently used forms plan change form, okay? The other thing is though if you need to know what general education sheet you need or you need one of them they're right here on our website and then understanding academic probation and disqualification is also right there, okay? So we have those resources available to you.
The other one I want to show you is if you just do on the main Chico State website and you just put in SLC -- what does that stand for? What do you think?

**Audience member**: Student Learning Center.

**Dami Hammer**: Excellent. Student Learning Center. You’re going to get the first one pop up.
Click on it – it takes you to the Student Learning Center website.
If you go -- look right here, courses tutored, you can see the list of all these courses. So for you business people, look, they have Finance 307. They have Accounting 201 and 202. There's Chemistry classes, Biology classes, Math, Spanish.
There is supplemental instruction. So if you're in a Biology class, you can get extra help. If you're in a Political Science or History class, sign up for one of those.
The study skills workshops; I want to show you that. So I'm going to the study skills workshop page and it shows right now that Mastering Study Skills was -- is -- was February 12th. Today is Avoiding Procrastination. Well gosh, I'm getting -- oh you would just be a little bit late. In just a few minutes you get right up there and get to it. But since you're going to miss it I'm going to show you where you can view it online, okay? So they also have exam preparation, alternative majors. They have all kinds of things. Take advantage of it. But let's say you can't do one of those; right here -- if you click right here it's going to take you to the link for Continuing Education, okay?
Regional and Continuing Education. This is their website. You come down here, you go to Student Learning Center.
It's going to show you all the workshops that they have online that they videoed for them, okay? Mastering Study Skills, Time Management...
Look, it’s 23 minutes. You can view it now.
Here's that Efficient Reading Strategies I talked about. Memory and Concentration –
But here you go, here’s that Avoiding Procrastination; can’t avoid it any longer. Right there. I would challenge each of you to do two of these workshops. If you get two helpful hints out of it, it can maybe make the difference in your semester. I don't think there was anything else I wanted to show you. So at this point I need to make sure that I’ve collected all of these pre-assessments – and the yellow sheet that I had you fill out on your barriers, your strengths, changing your habits and campus resources that you can use; you should finish filling that out. But on the back...

>> [Inaudible audience response].

**Dami Hammer**: You get to keep that. But on the back of this are a bunch of resources here at Chico State. We want you to keep this. I think you should post it. Remember what your goals are that you wanted to work on. If you did not check in when you came in you would want to do that because we’re going to be releasing holds on your accounts now that you’ve come in. So at this point if you needed to change a class, add or drop a class, or mainly drop your class, you would be able to, and it clears your registration for next semester. If anybody has questions, we do advising 9:00 to 3:00 Monday through Friday. We're there to help. My name's Dami, if you want to ask for me, but everybody up there has been trained. Thank you for coming and we hope you have a successful semester. Okay.