

Repeat Conversation Guide

At Montana Tech, we understand that things do not always go as planned. Recognizing that, we are committed to your success and invested in your academic potential. Completing this worksheet with an Advisor or Success Coach can help you identify some of the obstacles you have faced in previous semesters and develop a plan of action to overcome them.

Please review this list of potential obstacles that may have affected you in your previous attempts at the course you will be repeating.

Academic/Study Skills

- Learning disability
- Study habits
- Study environment
- Ineffective studying
- Insufficient study time
- Academic preparation
 - Reading/Writing skill
 - Math skill
 - Chemistry skill
 - Physics skill
- Note-taking skill
- Concentration
- Unhappy with instructor
- Unclear educational goals

Time Management

- Too much social life
- Too overextended in outside activities
- Too much TV/ Video games
- Too much social media
- Too much free time

Financial and Work

- Worried about money
- Financial aid requirements
- Inadequate financial aid
- Work too many hours
- Time conflicts with job
- No part-time work available
- Must work to survive

Personal

- New independent status
- Roommate problems
- Relationship issues or breakup
- Loneliness
- Socially uncomfortable/shy
- Housing problems
- Value conflicts
- Dislike Montana Tech
- Demanding church calling
- Dislike college & studying
- High anxiety
- Previous failure
- Negative attitude
- Parental pressure
- Lack of sleep
- Commute or transportation
- Language barrier
- Fear of:
 - Failure
 - Not being perfect
 - Success
 - Making mistakes
 - Difficult tasks

Sensitive

If your academic obstacle is found among the list below, mark the category heading but not the specific issue. You are strongly encouraged to seek services from professionals such as Counseling, Career Services, Disability Services, Student Health, Wellness, your Physician, etc.

- Anxiety or Stress
- Depression
- Divorce or Separation
- Emotional abuse
- Family health problems
- Family issues/concerns
- Health/Medical worry
- Illness or death
- Learning disability
- Physical abuse
- Pregnancy
- Rape or assault
- Substance abuse or use

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List three of your strengths or amazing academic experiences you have had.

1. _____
2. _____
3. _____

Together, we will create an action plan that will address some of the obstacles you previously. This is designed to support you in creating a path to success in this course (and beyond!).

Obstacle:	Action Steps:
How did it interfere with your success?	How will this help?
Obstacle:	Action Steps:
How did it interfere with your success?	How will this help?

Please keep this for your records

Repeat Conversation Guide – Optional Repeat Contract

I, _____, am committed to succeeding in
NAME

_____ that I am taking in _____.
COURSE SEMESTER AND YEAR

I will utilize the resources available at Montana Technological University to ensure my success in the course. These resources are (but are not limited to):

- ACE Tutoring
- Professor's Office Hours
- Student Study Groups
 - I will establish a group at the beginning of the semester and a schedule of when we will study
- SI and/or TA Sessions
- Academic Success Coaching
 - Time Management, Managing Stress, Test Taking Workshops, etc.
- Academic Advisor
- Career Counseling through the Career Services office

While support is available to me through the university, I am also responsible for establishing an academic environment in my personal life that allows me to thrive. This will require that I:

- _____
- _____
- _____

Student Signature

Date

Advisor Printed Name and Signature

Date