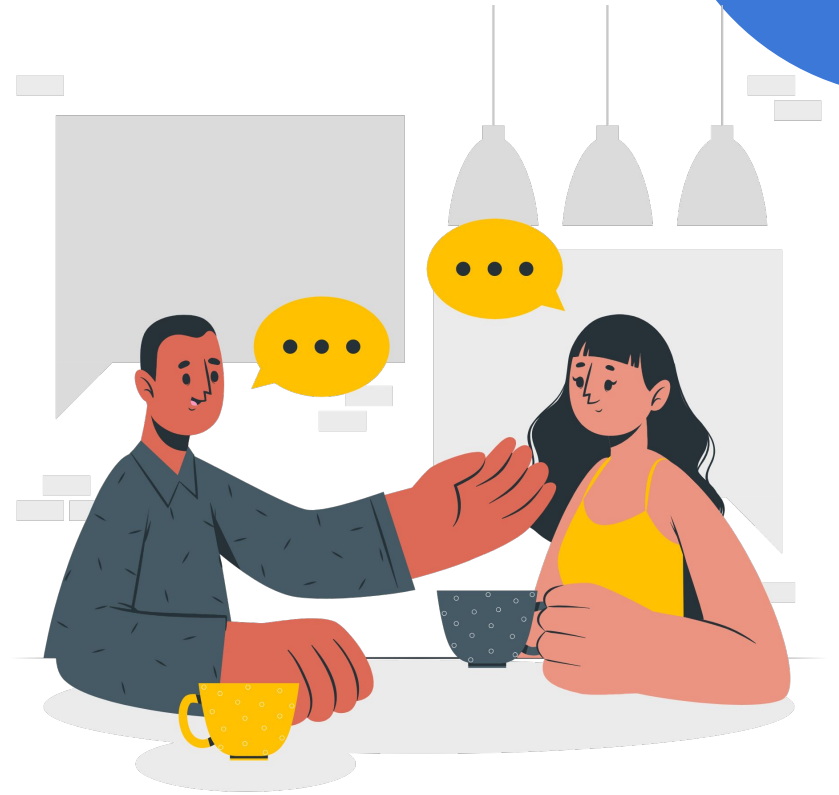# Debunking Academic Probation

Who is Affected and How Do We Help?
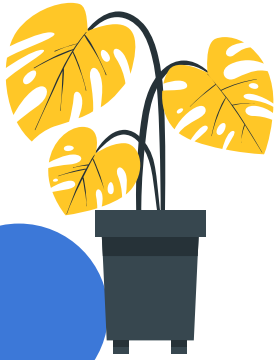
Lindsey Frechette

Objectives

01: Explore the stigma associated with academic probation

02: Gain insights into how students may end up on academic probation
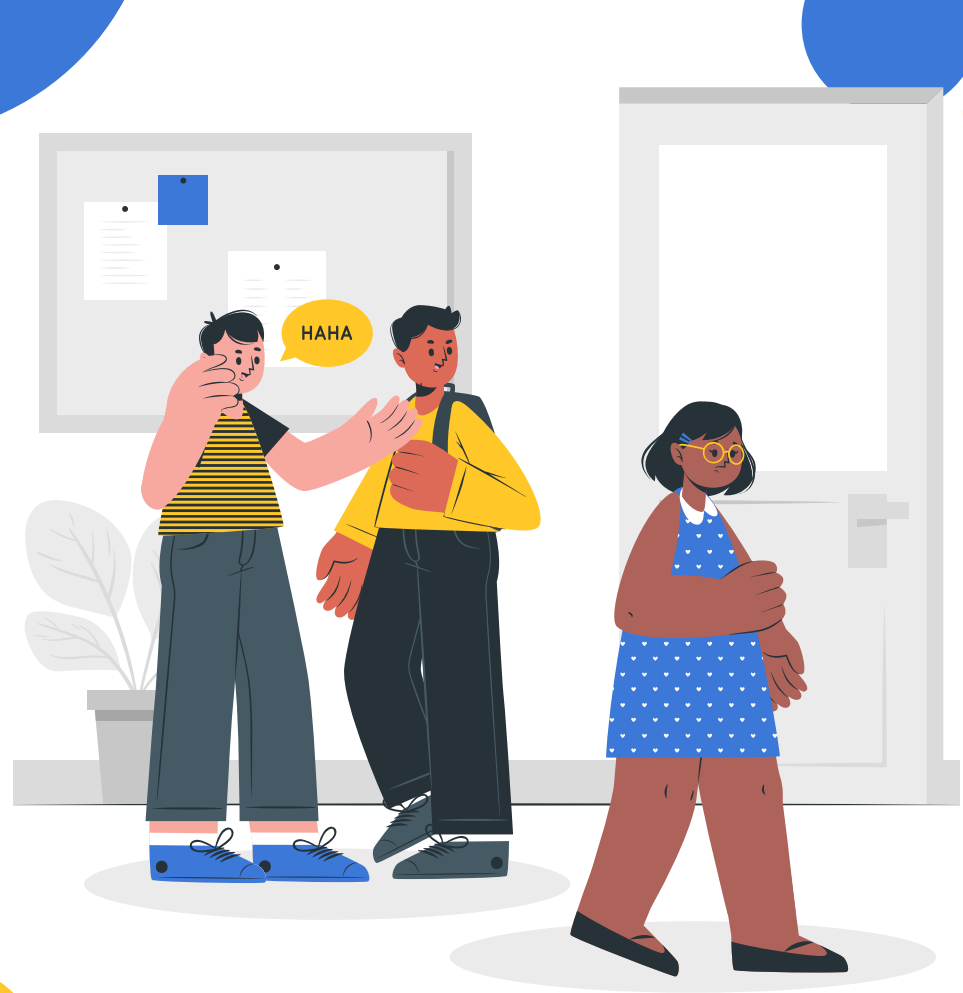
03: Learn how SOS Peer Mentoring helps students on academic probation

Defining academic probation

A student whose cumulative GPA is below 2.0 is placed on academic probation.

Mentee Perspective

"It means that I failed to do well academically last semester and I have a chance to raise my grade before being suspended."

"It is a wake up call to get focused on my education."

"Supervision for the upcoming semester"

"I think it means that I did not get the right GPA, and I have to now be on my best behavior and find the right skill set to help me become a better student."

How do students get on academic probation?
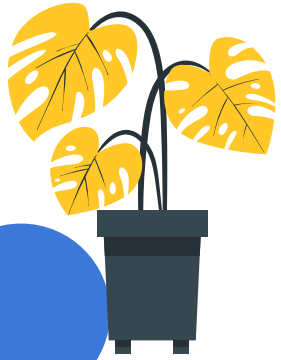
Initial Assessment (IA)

- Self assessment that mentees fill out before meeting with peer mentors
- Gauges how well they think they did in different academic aspects
- Helps mentors understand mentee mindset before starting the program

Based off of the students IA, what are the overarching reasons they are on academic probation? Use IA to determine what falls into each category :)

29 responses

Category	Count
family / social ajustment reasons	17 (58.6%)
academic reasons	22 (75.9%)
major / career reaons	9 (31%)
personal / other reasons	17 (58.6%)
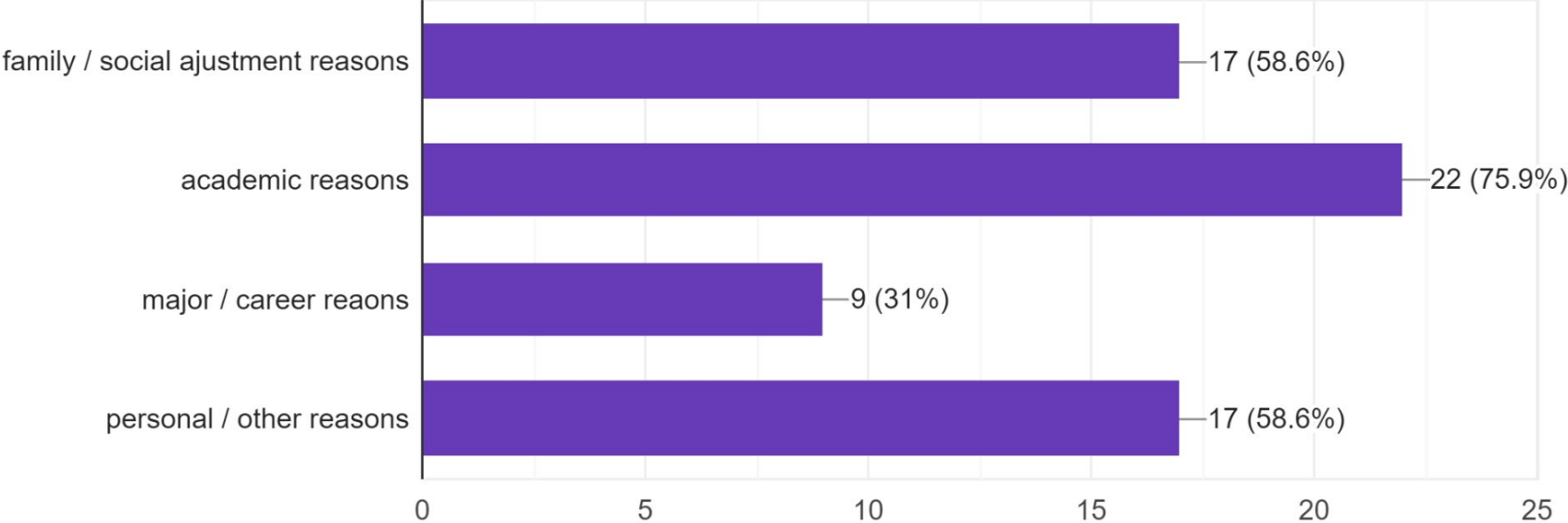
Use the IA to determine: What family/social reasons affected performance and contributed to academic challenges?

29 responses

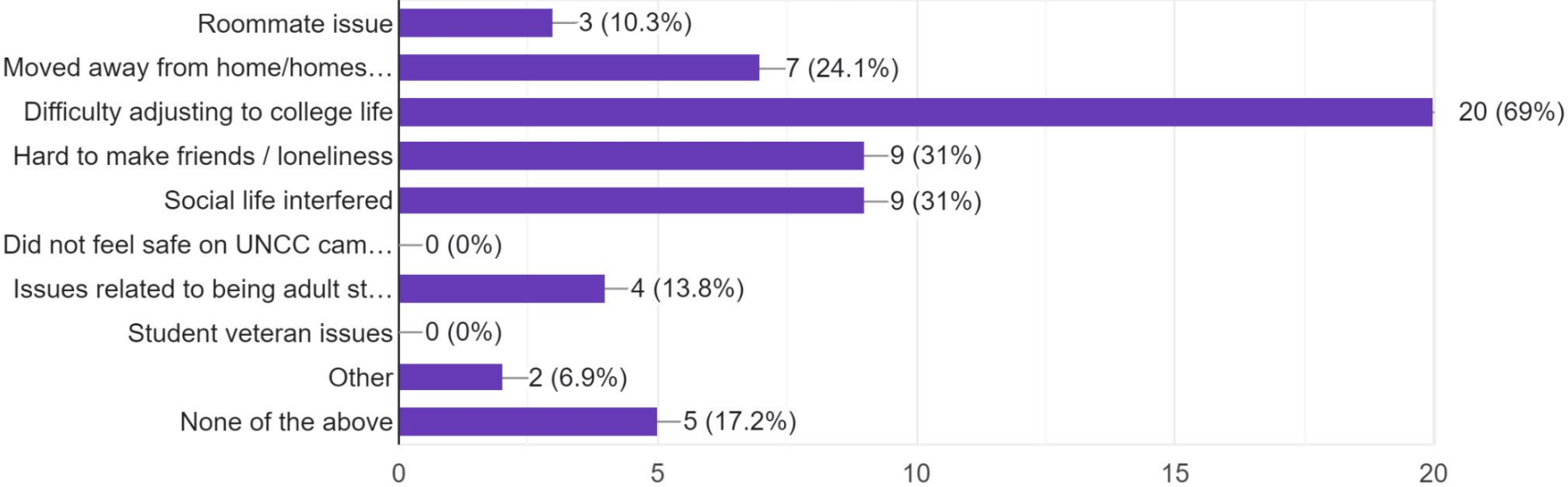Use the IA to determine: What academic reasons affected performance and contributed to academic challenges?

29 responses

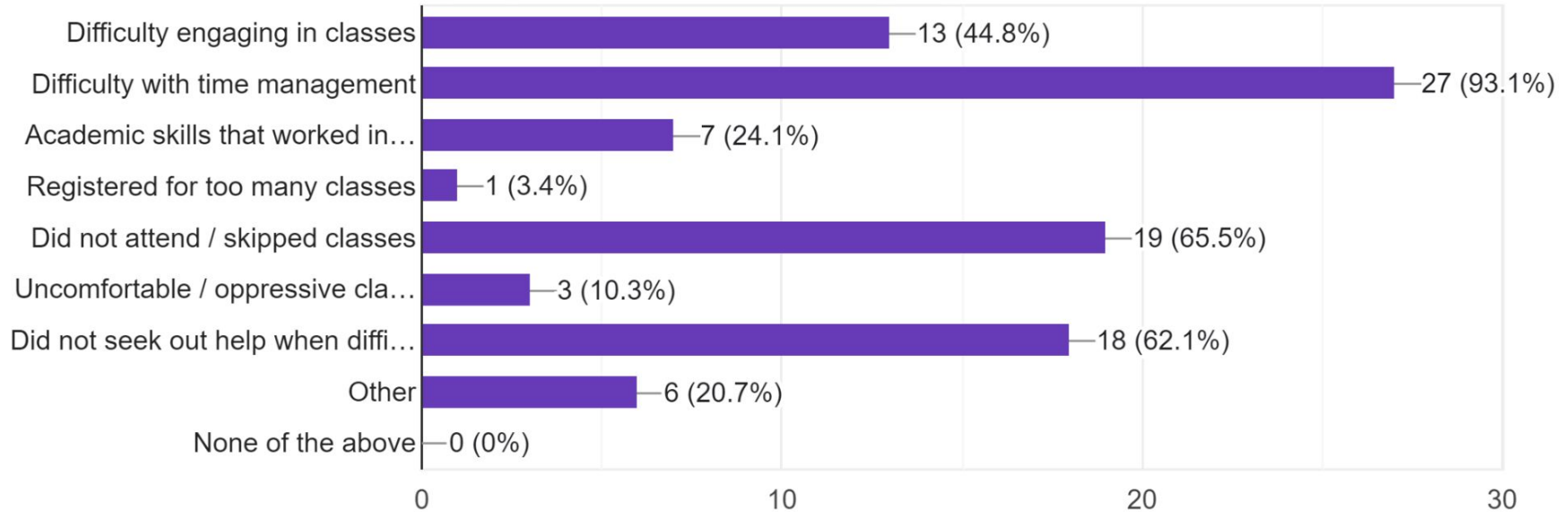| Category	Count
Difficulty engaging in classes	13 (44.8%)
Difficulty with time management	27 (93.1%)
Academic skills that worked in…	7 (24.1%)
Registered for too many classes	1 (3.4%)
Did not attend / skipped classes	19 (65.5%)
Uncomfortable / oppressive cla…	3 (10.3%)
Did not seek out help when diffi…	18 (62.1%)
Other	6 (20.7%)
None of the above	0 (0%)

Use the IA to determine: What major/career reasons affected performance and contributed to academic challenges?

29 responses

Category	Count (Percent)
Uncertain about current major	8 (27.6%)
Changed major 1+ times	2 (6.9%)
No clear career goals	9 (31%)
Unsure why they are in school	5 (17.2%)
UNC Charlotte may not be the…	3 (10.3%)
Other	4 (13.8%)
None of the above	11 (37.9%)

Use the IA to determine: What personal/other reasons affected performance and contributed to academic challenges?

29 responses

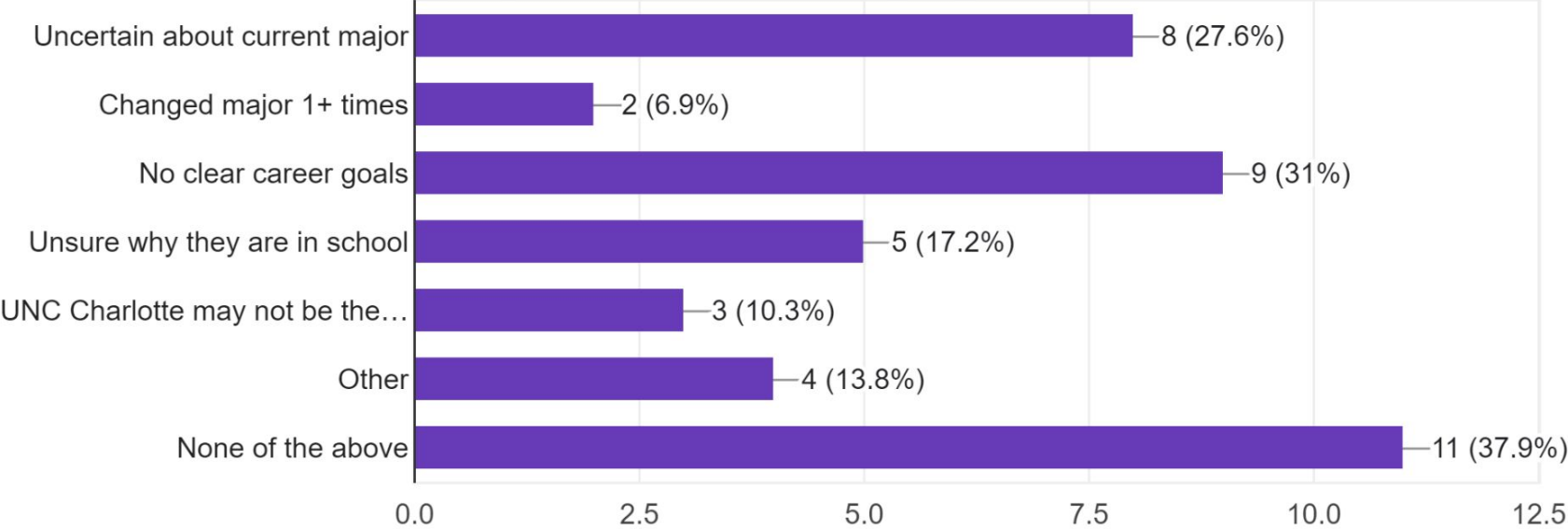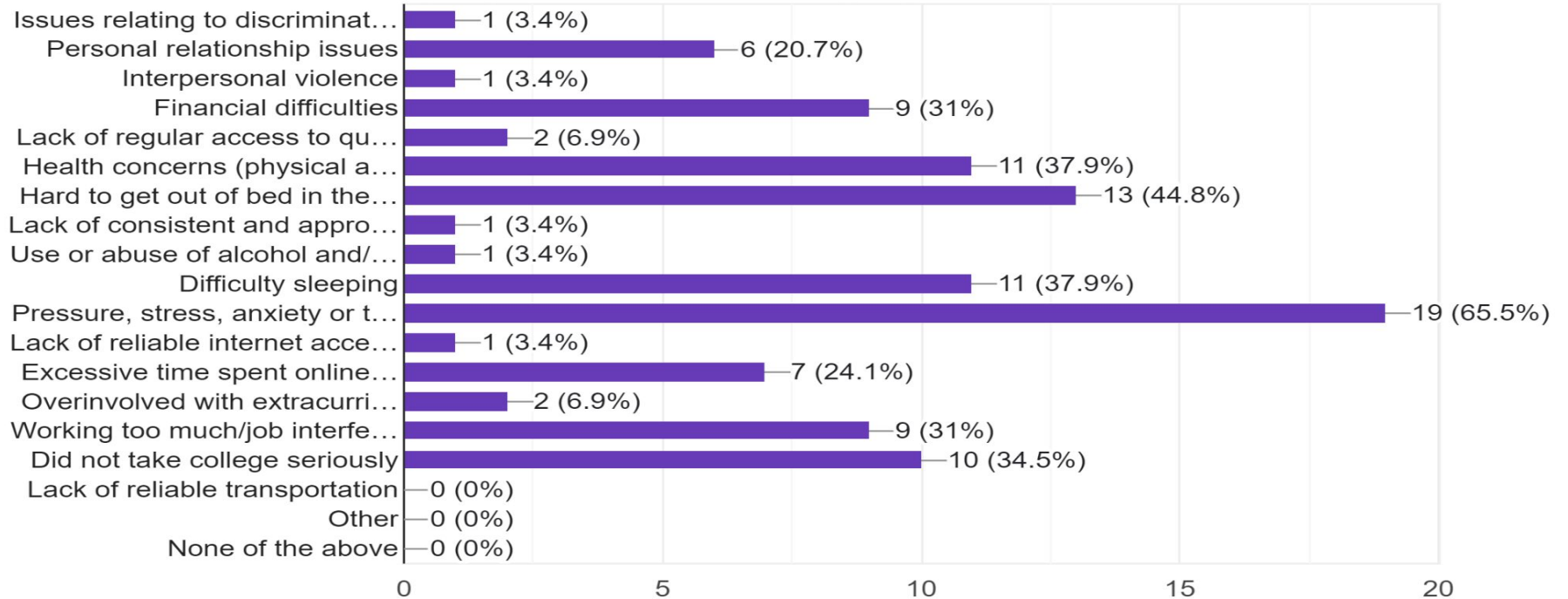| Category	Count (Percentage)
Issues relating to discriminat…	1 (3.4%)
Personal relationship issues	6 (20.7%)
Interpersonal violence	1 (3.4%)
Financial difficulties	9 (31%)
Lack of regular access to qu…	2 (6.9%)
Health concerns (physical a…	11 (37.9%)
Hard to get out of bed in the…	13 (44.8%)
Lack of consistent and appro…	1 (3.4%)
Use or abuse of alcohol and/…	1 (3.4%)
Difficulty sleeping	11 (37.9%)
Pressure, stress, anxiety or t…	19 (65.5%)
Lack of reliable internet acce…	1 (3.4%)
Excessive time spent online…	7 (24.1%)
Overinvolved with extracurri…	2 (6.9%)
Working too much/job interfe…	9 (31%)
Did not take college seriously	10 (34.5%)
Lack of reliable transportation	0 (0%)
Other	0 (0%)
None of the above	0 (0%)

First Semester Struggles

- Time management

- Strategies that worked in high school or community colleges don't work as well anymore

- Anxiety, tension, stress and not knowing how to cope

- Difficulty adjusting to college life / campus life

Main Takeaway

- Students on academic probation have complex backgrounds

- Being on academic probation does not mean that students are stupid, lazy, or failures

- Understanding struggles of students can reduce stigma and negative connotations around academic probation

- Creating a safe environment for students to share without judgement is crucial for a successful partnership between mentors and mentees

SOS Peer Mentoring
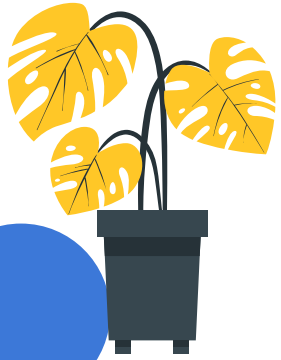
Target Population

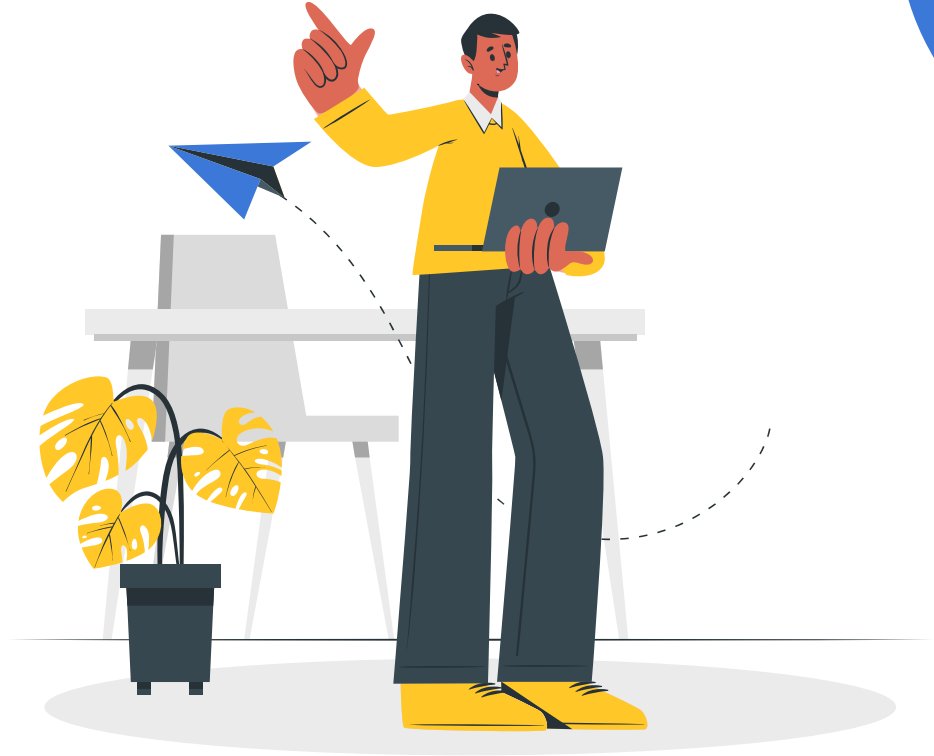- Freshman / first year students
- Transfer students

Program Goals

- Get semester GPA above 2.3
- Get cumulative GPA above 2.0
- 10 meeting minimum

Roadmap to Success

- Consists of six different checkpoints
  - Allows for mentors to analyze past habits and behaviors
  - Educates mentees on how to set goals with clear expectations and plan ahead around potential obstacles
  - Creates checkpoints for mentors and mentees to revisit goals and adjust as needed

Top Resources

Time Management

Study Skills

Reducing Procrastination

SOS Resource Drawer

1. COMMUNICATION

6. READING STRATEGIES

2. GOAL SETTING

7. SELF-CARE

3. GROUP WORK

8. STUDY SKILLS

4. GROWTH MINDSET

9. TESTING STRATEGIES

5. MOTIVATION

10. TIME MANAGEMENT

Does SOS Help?

Spring 2023- Semester GPA Information

Semester GPA Information	Completed Program n=101	Participated / Did not Complete program n=14
Average last term GPA	1.25	0.71
Average Spring semester GPA	2.57	1.30
Change in average term GPA	**+ 1.32**	**+ 0.28**
Number of participants with term GPA improvement	92 (91%)	8 (57%)

Spring 2023- Cumulative GPA Information

Cumulative GPA Information	Completed Program n=101	Participated / Did not Complete program n=14
Average previous cumulative GPA	1.28	1.10
Average Spring 2023 cumulative GPA	2.08	1.25
Change in average cumulative GPA	**+ 0.80**	**+ 0.23**
Number of participants with cumulative GPA improvement	93 (92%)	8 (57%)

Spring 2023- Academic Standing Information

Academic standing at conclusion of Spring 2023	Completed program n=101	Participated / did not complete program n=14
Good academic standing	65 (64%)	5 (36%)
Continued probation	9 (9%)	1 (7%)
Probation	0 (0%)	0 (0%)
Suspended/Reinstated	7 (7%)	0 (0%)
Total eligible to return	81 (80%)	6 (43%)
Total suspended, not eligible to return	21 (21%)	8 (57%)

Fall 2023- Semester GPA Information

Semester GPA Information	Completed Program n=67	Participated / Did not Complete program n=6
Average last term GPA	1.37	1.33
Average Spring semester GPA	2.63	1.32
Change in average term GPA	**+ 1.45**	**-0.01**
Number of participants with term GPA improvement	60 (90%)	2 (33%)

Fall 2023- Cumulative GPA Information

Cumulative GPA Information	Completed Program n=67	Participated / Did not Complete program n=6
Average previous cumulative GPA	1.42	1.39
Average Spring 2023 cumulative GPA	2.14	1.63
Change in average cumulative GPA	**+ 0.65**	**+ 0.24**
Number of participants with cumulative GPA improvement	60 (90%)	2 (33%)

Fall 2023- Academic Standing Information

Academic standing at conclusion of Spring 2023	Completed program n=67	Participated / did not complete program n=6
Good academic standing	44 (66%)	2 (33%)
Continued probation	7 (10%)	0 (0%)
Probation	1 (1%)	0 (0%)
Suspended/Reinstated	0 (0%)	0 (0%)
Total eligible to return	52 (78%)	2 (33%)
Total suspended, not eligible to return	15 (22%)	4 (67%)

Main Takeaways

- SOS Peer Mentoring allows students to get another chance before being suspended from school.
- Mentees expand on their academic skills and learn what works best for them.
- Students who finish the program have a higher chance of getting off of academic probation than those who do not complete the program.

Thanks!

Questions?