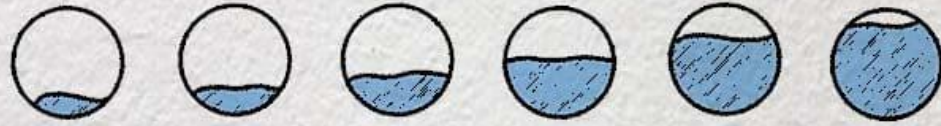




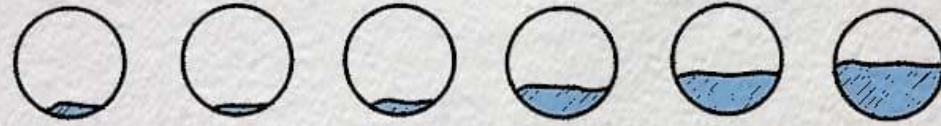
Performance Support Workshop

STRATEGIES AND RESOURCES
FOR SUCCESS AT ACC

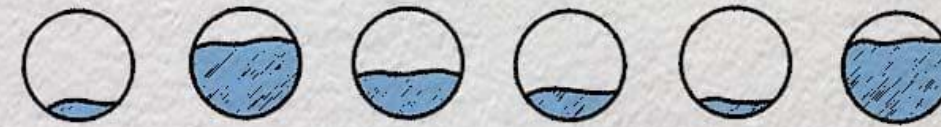
This is progress



This is also progress



And so is this



- MOUNIKA.STUDIO | |TheMindsJournal

MINDJOURNAL

A vertical image on the left side of the slide shows the silhouettes of four people holding hands in a line, set against a bright sunset sky with orange and yellow hues. The sun is low on the horizon, creating a strong backlight effect.

Workshop Goals

This workshop is intended to provide you critical information about:

- ACC's Academic Standing Policy.
- Potential outcomes of not meeting ACC's Academic Standards.
- The Academic Improvement Process.
- ACC Resources and Supports.



Understanding your GPA and ACC's Academic Standing Policy



What is Academic Standing?

A set of rules and regulations that ACC and the Colorado Community College System (CCCS) expect us to follow

- It serves as an indicator of academic progress and is used to ensure students receive the necessary support and resources to succeed.

Academic Standing applies to all students who have completed 9 or more total credits at ACC.

What determines Academic Standing?

Terms to Know:

Grade Point Average (GPA):

- Point value system based on the grades we receive and on the number of credits attempted while at ACC
- Based on all courses numbered 1000 or above.

Term GPA or TGPA

- Includes the grade point average for one semester or term

Cumulative GPA OR CGPA

- Includes a grade point average from all the semesters that we've attended ACC.

Where can I find my GPA? DegreeCheck!

Student ID [REDACTED] × Name [REDACTED] Program Type Associate of Arts

[Advanced search](#)

Level Undergraduate Program Paramedicine Track Student Status Active/Continuing

Test Scores [REDACTED]

[Academic](#) [What-If](#) View historic audit 07/30/2023 at 10:12 AM UG/AA

Format Student View

Degree progress

28%
Credits

Overall GPA
0.000

In-progress classes Preregistered classes [PROCESS](#)

What is ACC's Academic Standing Policy?

Academic Standing Status	Meaning	What to do
Good Standing	CGPA that is equal or above a 2.00 for all classes completed at ACC	<ul style="list-style-type: none">• No action required!• Continue or start using any resources and student supports to stay on track.
Performance Support	CGPA is below a 2.00 for all classes completed at ACC	<ul style="list-style-type: none">• Hold placed on account• Complete the Performance Support Workshop• Continue or start using any resources and student supports to improve your academics.
Performance Improving	TGPA is equal or above a 2.00, but CGPA has not reached 2.00 yet	<ul style="list-style-type: none">• Continue or start using any resources and student supports to improve academics.• Achieve a TGPA of 2.00 each semester until CGPA reached at least a 2.00.
Suspension	TGPA is below a 2.00	<ul style="list-style-type: none">• Dismissed from ACC• You have choices: appeal or sit out required time period

Section Review

- Academic Standing is based on our TGPA's and CGPA's.
- Good Academic Standing requires a CGPA of 2.00 or higher.
- You'll want to strive for a 2.00 or higher until your CGPA has reached at least a 2.00.
- Even when you return to good academic standing, it is still important to use the resources and supports ACC has to offer.



Potential outcomes of not meeting ACC's Academic Standards

Ineligibility for Financial Aid

SAP Criterion	Requirements
GPA	CGPA of 2.00 or above
Credit Completion Rate	67% or higher
Maximum Timeframe	150% of declared program
CCCS Requirement	Pass at least 1 credit each semester

- To check your eligibility for financial aid, log into your myACC and go to the Financial Aid Award icon on the dashboard.
- Go to “View Your Status” and then choose the appropriate school year from the dropdown menu and click submit.
- Next to Satisfactory Academic Progress, you’ll be able to view your status.

I'm ineligible for aid! Now what?

Was your previous semester disrupted by circumstances outside of your control? Are you now ineligible for Financial Aid?

You may want to consider completing the Ineligible for Financial Aid Appeal!

Remember - You can check your financial aid eligibility status by logging into your myACC and clicking the Financial Aid Award icon on the dashboard.





Extended Time to Graduation

Do you need to repeat any courses?

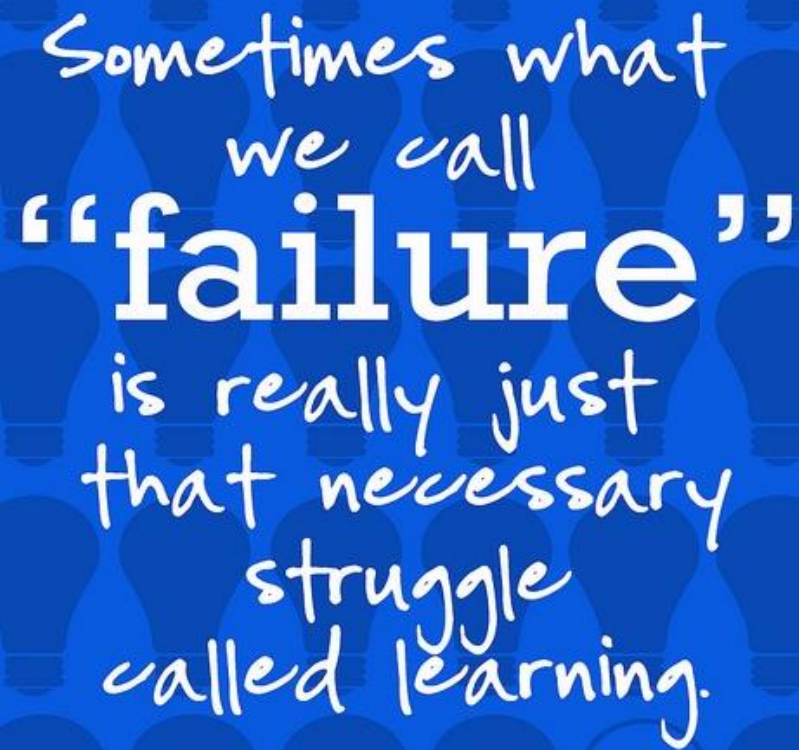
Do you need to adjust your courseload?

Academic Suspension

- You have choices!
- You have a right to appeal OR;
- You can sit out the required time and use that time to reflect on and resolve any challenges that may have impacted your success.
- We know that appeals can be confusing, but your Success Team is here to guide you through every step of the way.



advising@arapahoe.edu
OR 303.797.5664



Sometimes what
we call
“failure”
is really just
that necessary
struggle
called learning.



Academic Improvement Process

Returning to Good Academic Standing

- This process may involve:
 - Adjusting your current course schedule.
 - Assessing the situation to identify any challenges you may have experienced and changes you may need to make.
 - Strengthening your education with ACC resources and supports.

Building a Course Schedule that Works for You

Credit Hours	Course Duration	Pace Relative to a 15 Week Course	Course Activity Hours	Total hours spent in and out of class per week
3	15 Weeks	-	135	8.5 to 9.5
3	10 Weeks	1.5 times faster	135	12.5 to 14.5
3	7 Weeks	2.5 times faster	135	21 to 24

Courseload and Course Duration Matters!

Course Type	Description
On Campus In-Person	The course is delivered in person on campus (and/or at a clinical site) in real-time.
Online	Online courses provide a way to attend class at your convenience, rather than coming to campus at an assigned time. Courses require participation in online discussions, assignments, and online tests. The instructor sets the pace of the course via deadlines. Traditional delivery of fully online courses with no requirement to meet in person.
Remote	All of the class content is delivered online in real-time through video conferencing tools such as WebEx, Zoom, etc. Specific meeting times will align with the course schedule. The instructor sets the pace of the course with deadlines for discussions, assignments, quizzes, etc.
Hybrid	Student Experience: Class will have both live in-person components, and online components. The percentage of online versus in-person can vary by class. You will need to attend class in person and online as scheduled on your syllabus.

Course Modality Matters!



Repeating Courses

- Repeating courses can improve your GPA!
- The highest grade will be used in the GPA calculation.
 - If the same grade is earned two or more times for a repeated course, the most recent instance of the duplicate grade will be included in the term and cumulative GPA.

Items to consider when repeating courses:

- Is the course required for your program?
- Is the course a prerequisite for a required course?

Section Recap

Again, it is important to strive for a 2.00 in each semester that you take courses.

Consider the courseload, the course duration and course modality when building your course schedule.

Repeating courses can improve your GPA.

Don't get discouraged as it may take several semesters to return to good academic standing.



Assessing the Situation

Assessing the Situation: *Goals and Motivation*

- Did your interests align with your coursework?
- Are you unsure about your career choice or current major?
- Did you experience conflict between your course schedule and other time commitments?
- Are you thinking that ACC may not be the place for you?

Assessing the Situation: *Academic Challenges*

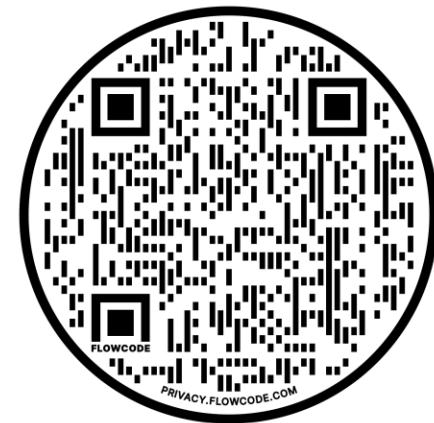
- How well-prepared did you feel for college?
- Do you need assistance establishing good study habits?
- Do you experience test-anxiety?
- How often did you communicate with your instructors?
- Do you have learning disabilities (either diagnosed or undiagnosed), and did you seek out accommodations for them?
- How well did you manage your time commitments?
- Do you struggle with procrastination?
- Do you have access to technology?

Assessing the Situation: *Personal Well-Being and Difficult Circumstances*

- Did you or your close family suffer any sudden health issues?
- Did you struggle with drugs or alcohol use?
- Did you go through any disruptive relational conflicts with family members or friends?
- Did you experience extreme anxiety, loneliness, or depression?
- Did you have to deal with financial stress, loss of a job, housing, or food insecurity?
- How do you support your own mental health and well-being?



Strengthening your education with ACC resources and supports





Supporting your Goals and Motivation



Academic Advising

Why should I meet with my advisor?

- I need someone to give me advice about my course selection and scheduling.
- I need help raising my GPA.
- I would like help deciding what resources would help me most.
- I am not sure if I am still on track to graduate.
- I am ineligible for financial aid and need a two-semester plan.
- I had trouble with an instructor and need to know what I can do to resolve the issue.

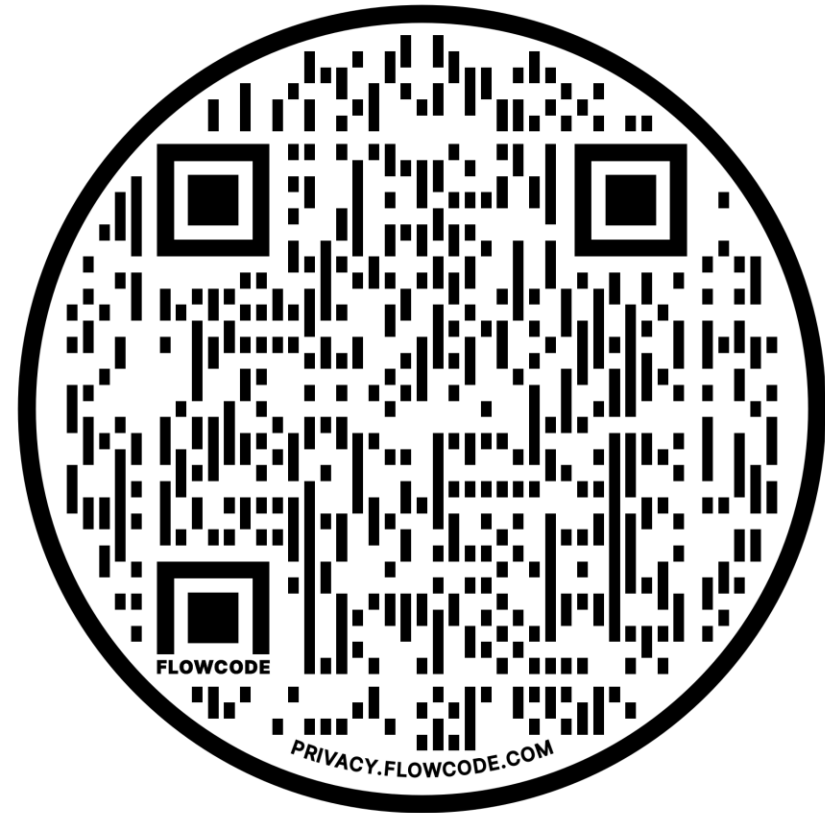
Academic Advising - Contact

Advisors at Littleton:

- M2010
advising@arapahoe.edu
- 303-797-5664

Navigators at Castle Rock:

- castle.rock@arapahoe.edu
- 303-660-3160



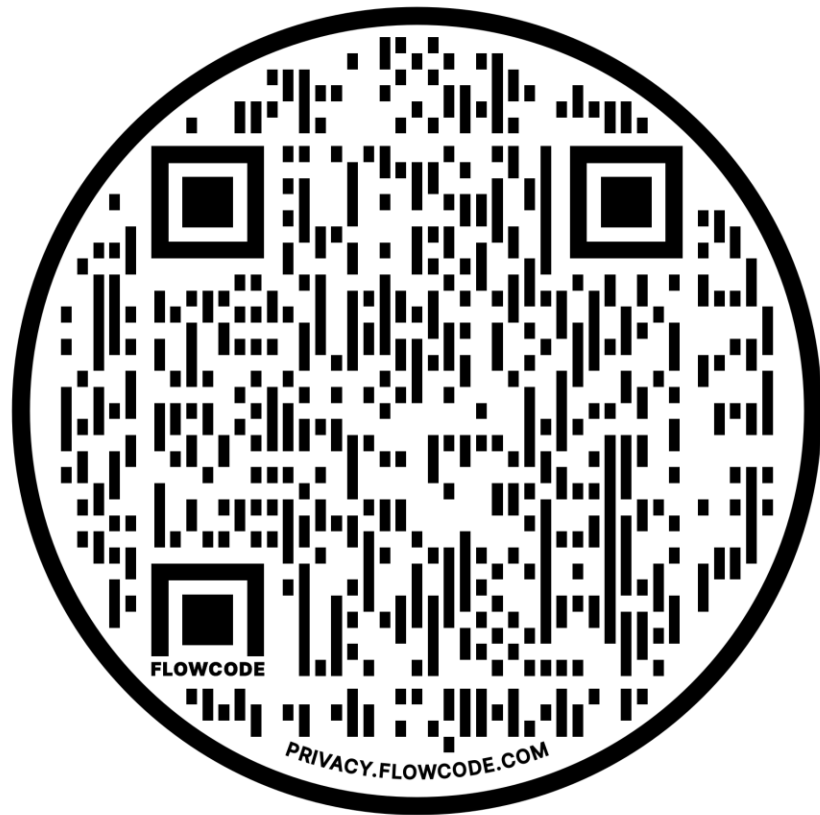
Transfer Services



Why should I meet with a Transfer Advisor?

- I am considering transferring to another school, but I don't know where to start.
- I am not sure if I am still on track to transfer.
- I need help raising my GPA.
- I had a difficult time adjusting to life at ACC. Things at my previous college were so different.

Transfer Services - Contact



Transfer Services at Littleton
Campus:

- M2010
transfer@arapahoe.edu
- 303.797.5664

Navigators at Castle Rock:

- castle.rock@arapahoe.edu
- 303-660-3160



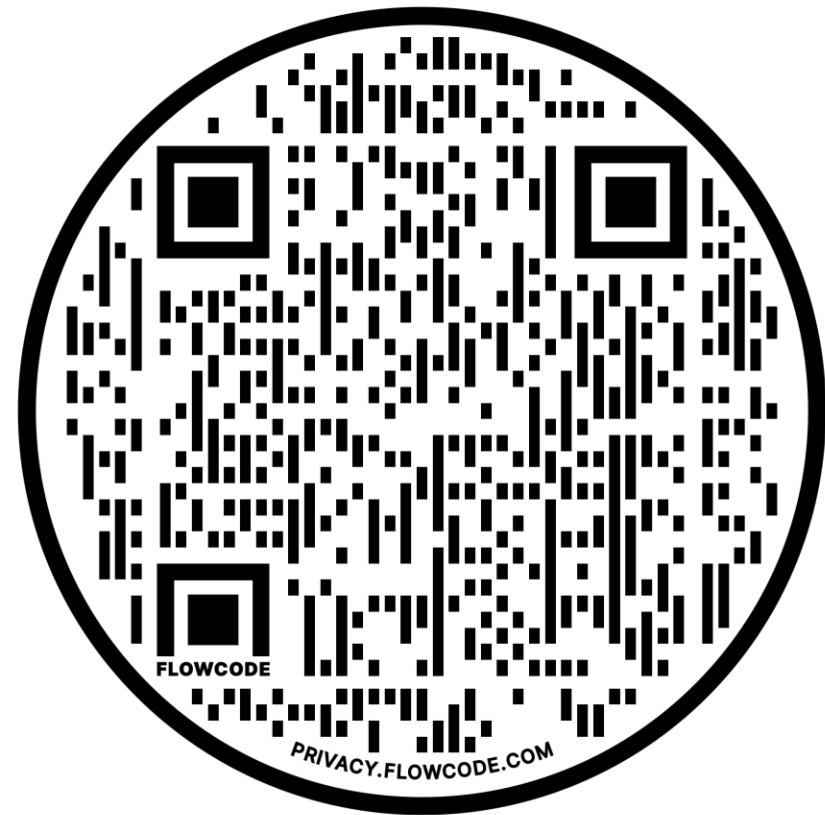
Career Services

How can meeting with Career Services help me now and in the future?

- I want to reevaluate my declared major.
- I want to know which career would help me feel more motivated in school.
- I need to learn more about my interests, skills, and strengths.
- Finances are a problem, and I need help finding a job.

Career Services - Contact

- Career Services at Littleton:
 - M2450
 - careers@arapahoe.edu
 - 303-797-5805
- Navigators at Castle Rock:
 - castle.rock@arapahoe.edu
 - 303-660-3160





Success Coaching

When should I meet with a Success Coach?

- To discuss which classes to take to quickly recover my GPA.
- To learn how to create motivating goals and habits.
- To create a workable time management plan to balance work and school.
- To get assistance with connecting to all the resources that will support me best.

Simply make an appointment through Navigate or respond to email outreach from your coach.

TRIO Student Support Services

TRIO Student Success Advisors are here to assist and empower you when it comes to making decisions about or needing assistance with:

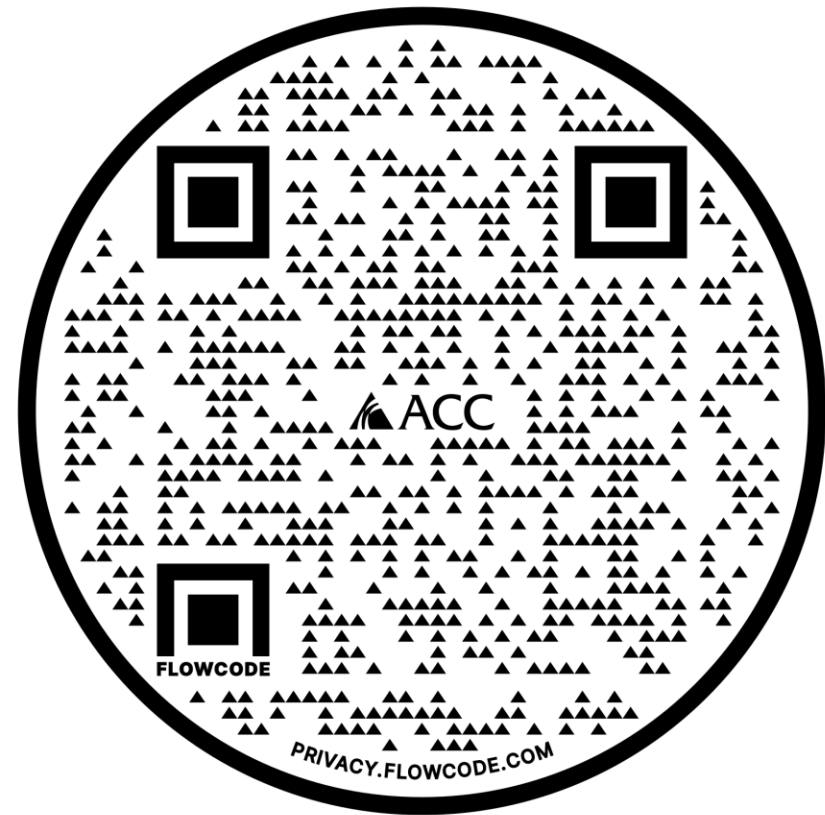
- Advising
- Career Exploration
- Financial Aid
- Tutoring
- And more!

You must apply and meet specific criteria to receive TRIO assistance.



Interested in joining TRIO?

- For more information about eligibility and to apply, visit the TRIO webpage: <https://www.arapahoe.edu/advising-support/trio> OR contact the TRIO team directly:
 - Littleton Campus - M1650, trioss@arapahoe.edu. 303.797.5755



Student Life

How can Student Life help my academics?

- Gain a sense of belonging.
- Build or strengthen skills with students like yourself.
- Feel the support of a community.
- Get connected with ACC in a meaningful way.



- Student Life Contact:
- Littleton Campus – M2850
- 303-797-5668 or student.life@arapahoe.edu



Supporting your Academics

Tutoring & Learning Resources

When should I meet with a tutor?

- I am confused by concepts/assignments in class.
- I am not performing as well as I would like on exams.
- I need help writing or editing a paper.
- I want to connect with my instructor or a peer to bounce ideas around.



Did you know?

Online 24/7 support is available through our third-party partnership with TutorMe. You can access TutorMe for *any* subject through the Resources tab in your courses in D2L. Students can use up to 5 hours of tutoring in TutorMe per week.

Time Management, Study Skills, and More

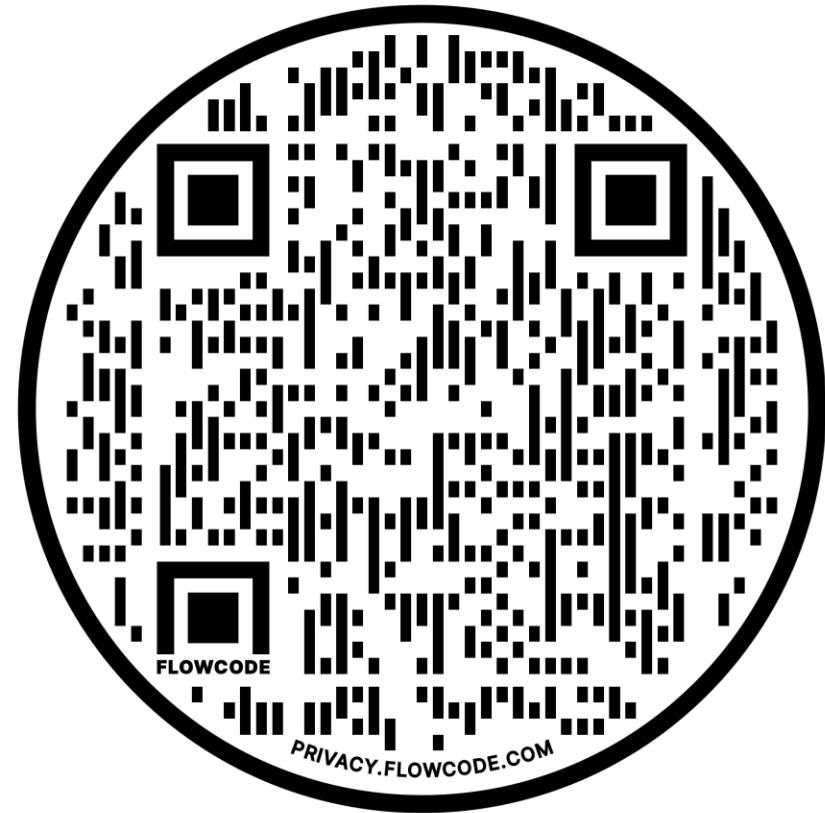
Other reasons you may need academic support...

- Difficulty balancing school, work, and life responsibilities.
- Uncertainty with how best to study and/or take tests.
- Discrepancies between your level of effort and your academic performance.

Tutoring & Learning Resources hosts periodic workshops and can provide individualized coaching by request. Contact Tutoring & Learning Resources!

Tutoring & Learning Resources – Contact

- [Visit our website](#) and subpages for a complete tutoring schedule at Littleton, Sturm, Art & Design, and virtually
- Campus location: Littleton M2570 (past the Circulation Desk)
- tutoring@arapahoe.edu
- 303-797-5669



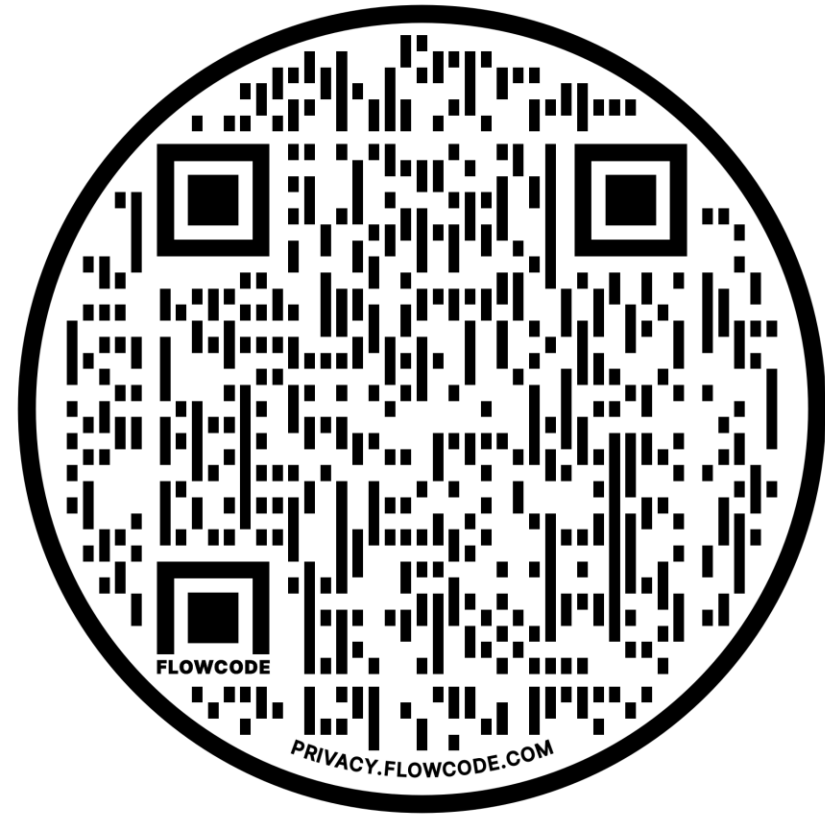


Disability Access Services

- What is an accommodation?
- When might I want to reach out to Disability Access Services?
 - I had an IEP/504 Plan in high school but I'm not sure where to get connected at ACC to get the same type of help.
 - I think I might have a learning disability but have never been diagnosed. Can I still get accommodations?
 - I am struggling with my mental health, and it is impacting my learning.
 - I experience challenges in the classroom/learning environment, whether physical or mental, and think I might need additional assistance.
 - I have not previously had accommodations but am suddenly unwell or disabled, and it is affecting my schooling.
- Am I required to use accommodations if I have a disability?

Disability Access Services - Contact

- Littleton Campus, M2710
- disability.access@arapahoe.edu
- 303-797-5860





Supporting the Whole Person - *Personal Well-Being and Difficult Circumstances*

Financial Support

Financial aid, Dean of Students, Child Development Center,
Technology needs and access



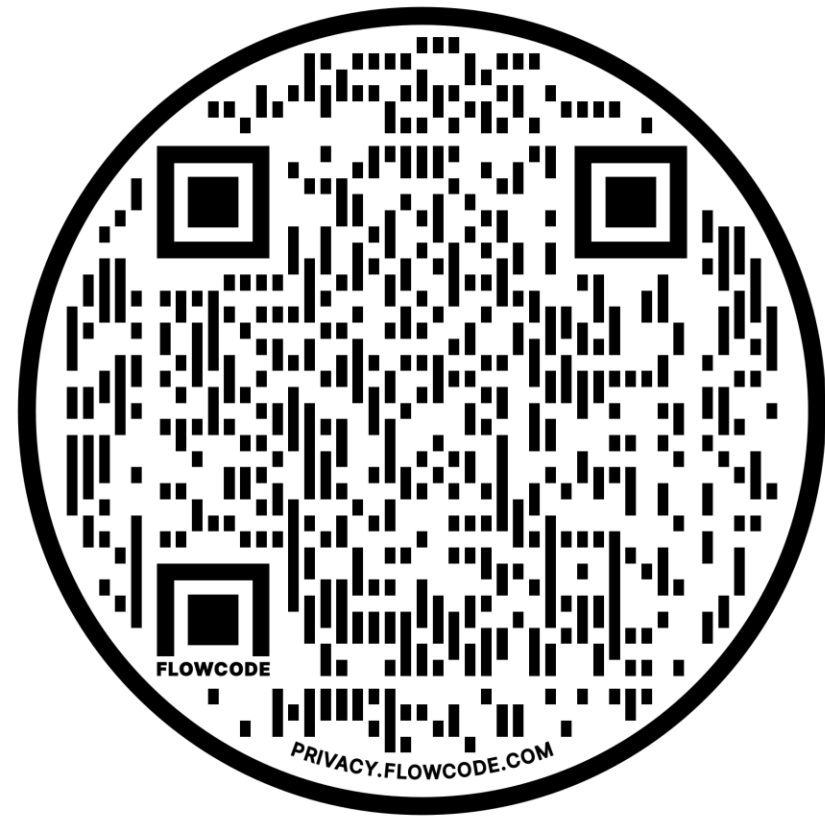
Financial Aid

When might I want to reach out to Financial Aid?

- I am ineligible for financial aid and need to submit an appeal.
- My circumstances have changed, and I need to provide updated information that reflects my current situation.
- I'm not receiving financial aid, but I need to talk to someone about other options for aid.
- I am struggling to pay for my courses and need assistance.
- I'm busy working to support myself and don't have time to devote to my classes.

Financial Aid - Contact

- Littleton Campus, M2330
- finaid@arapahoe.edu
- 303-797-5661



Other options for Financial Resources

I am experiencing homelessness/ food insecurity/ financial hardships.

- Visit [Single Stop](#) or contact the Dean of Students office.

I struggled to find childcare.

- Check out our on-campus [Childcare Center](#).

I don't have transportation to get to school.

- Purchase an RTD regional pass from the Cashier's Office.

I don't have access to the technology I need in my classes.

- Check out a loaner lap-top for the semester OR check out a laptop for the day at the library (Geo-locked).



- Dean of Students Office Contact:
 - Littleton Campus – M2720
 - 303-797-5730 or acc.dos@arapahoe.edu

Extenuating Circumstances Appeal for Tuition Credit

Was your previous semester disrupted by circumstances outside of your control?

You may want to consider filing an Extenuating Circumstances Appeal for Tuition credit.

A serious medical condition, death of a loved one or natural disaster are examples of situations where an appeal may be warranted. Documentation of the circumstance will be required, and classes must have received a failing grade (F) or been withdrawn from (W) to qualify.



- Littleton Campus – M2720
 - 303-797-5730 or acc.dos@arapahoe.edu

Mental and Physical Health

Mental Health Counseling, Student Life and Fitness Center

Mental Health Counseling

- Free Mental Health Counseling for students.
- Services are confidential, voluntary, and covered by student fees.
- Arapahoe Community College offers in-person, virtual, and phone counseling appointments at the Littleton Campus with local therapists.

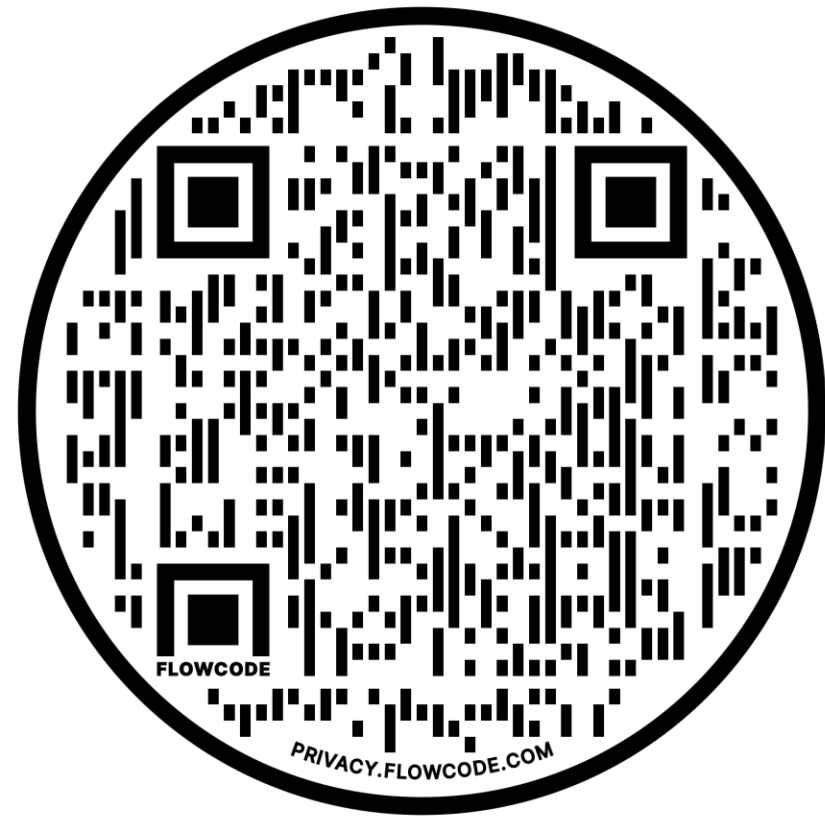
Did you know?

ACC has partnered with Bettermynd to offer virtual counseling! Sessions are available during the day, at night, and on the weekends if you would like to meet with someone outside of ACC's counseling availability.

Mental Health Counseling - Contact

For additional questions regarding counseling, contact the Dean of Students Office

- Littleton Campus – M2720
- acc.dos@arapahoe.edu
- 303-797-5730



Fitness Center

How can the Fitness Center help my academics?

- Healthy body = healthy mind
- Increased focus
- Decreased stress



- Did you know?
- ACC has partnered with Studio Sweat OnDemand to offer free virtual fitness programs.



Benefits of using support services

- Receive individual attention and support to develop a plan for success
- Learn about and receive financial supports
- Develop or strengthen essential skills for academic success
- Build community



Now it's your turn...

Complete the Performance Support Workshop form and tell us about the challenges you have had. Once you've completed the form, your hold will be removed within two business days.

Additionally, a member of your Success Team will reach out to you with specific resources to help you this semester.