

“Back on Track” Plan

Name:

Curriculum/Year:

Major/minor (if any):

Semester being reviewed:

- A. Complete the table below to: (1) Reflect on the possible causes of your unsatisfactory academic performance in the past semester(s); (2) Write down the actions you might take to get back on track. Discuss this exercise with your academic adviser in your coming meeting.

Please ✓	Possible Reasons of Underperformance, e.g.	Possible Actions to Take
Academic Issues		
	Inadequate academic skills:	
	Language issue:	
	Others:	
Personal Issues		
	Lack of interest/motivation:	
	Adjustment difficulties:	
	Others:	
Life Balance Issues		
	Too many extra-curricular activities (by student societies or halls):	
	Too many part-time jobs or private tuition:	
	Others:	
Health Issues (including mental health)		
Family Issues		
Other Issues		

B. Please ✓ and write down (1) the people whom you might seek help from; (2) the campus resources / learning support that you need:

Academic Support		
Please ✓	People You Might Approach for Help	Contacts
	These Professors / Teachers Might Be Able to Help Me:	
	These Tutors Might Be Able to Help Me:	
	These Senior Students / Friends / Study Groups Might Be Able to Help Me:	

Available Campus Resources / Learning Support		
Academic Advising	Counselling / Person Enrichment	Language Support
Academic Advising Office Tel: 3917 0128 Address: Room 212 , Knowles Building	CEDARS (COPE) Tel: 3917 8388 Address: Room 301-323, 3/F, Main Building	CAES Tel: 3917 2004 Address: Room 6.60, Run Run Shaw Tower

Write Down Other Learning Support that You Need

C. Course Enrolment Plan for the Next Semester:

	Course Title	Credits	Remarks (e.g. A pre-requisite / re-take)
1			
2			
3			
4			
5			
6			
Total Number of Credits:			

~END~