

## “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
<b>Academic Issues</b>		
	<b>Inadequate academic skills:</b>	
	<b>Language issue:</b>	
	<b>Others:</b>	
<b>Personal Issues</b>		
	<b>Lack of interest/motivation:</b>	
	<b>Adjustment difficulties:</b>	
	<b>Others:</b>	
<b>Life Balance Issues</b>		
	<b>Too many extra-curricular activities (by student societies or halls):</b>	
	<b>Too many part-time jobs or private tuition:</b>	
	<b>Others:</b>	
<b>Health Issues (including mental health)</b>		
<b>Family Issues</b>		
<b>Other Issues</b>		

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
	<b>These Professors / Teachers Might Be Able to Help Me:</b>	
	<b>These Tutors Might Be Able to Help Me:</b>	
	<b>These Senior Students / Friends / Study Groups Might Be Able to Help Me:</b>	

Available Campus Resources / Learning Support		
Academic Advising	Counselling / Person Enrichment	Language Support
<b>Academic Advising and Scholarships Office</b> Tel: 3917 0128 Address: Room 212, Knowles Building	<b>CEDARS (CoPE)</b> Tel: 3917 8388 Address: Room 301-323, 3/F, Main Building	<b>CAES</b> 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			
<b>Total Number of Credits:</b>			

~END~

(Prepared by the Academic Advising and Scholarships Office, 2023)