

Midterm D or F Grades: What's Next

Are you struggling to excel in one or more of your courses this semester? Did you receive a letter or email about your midterm D or F grade from your Academic Advising Center, your College (i.e. CLAS, Engineering, Business,) the Center for Diversity & Enrichment (CDE) or Academic Support & Retention? Use this guide to help you determine a strategy for the rest of the semester.

Reflect on your academic progress and habits this semester:

How invested are you in the class: Have you attended every class, lab and discussion session? Have you been an active participant in the class? Have you completed every assignment and reading prior to class?

Class etiquette and preparation: Where do you sit when you attend class (i.e., front row)? What do your notes look like? Do you complete readings prior to class? Who do you sit next to in class? Do you put away all electronic devices (unless you are taking notes on one)?

Study habits: How much time do you spend on studying and preparing for academics? (*A general rule is two to three hours for every one credit hour each week (i.e. a three credit hour class = six to nine hours of studying).*) Do you rewrite and review your notes within a few hours after the class? Where do you like to study? What distractions might you face while studying (i.e., access to technology, interruptions by friends)? Do you use any of the campus academic resources (i.e., Math Lab, Supplemental Instruction)?

Want more information?

Academic Support & Retention
310 Calvin Hall 319-335-1497
<http://uc.uiowa.edu/retention>

Are you having second thoughts about your major?

If you have considered changing majors, talk to your Academic Advisor. Academic Advisors offer great insight and information to help you decide if you would like to change your major.

The Pomerantz Career Center is another excellent resource. The Center offers a variety of resources including: career advising, interest assessments, informational interviewing, and job shadowing. Visit www.careers.uiowa.edu or call 319-335-1023 to schedule an appointment.

Not sure what to do?

If you are feeling that you need additional resources, please contact Academic Support & Retention (319-335-1497, or uc-retention@uiowa.edu). Our office was designed to figure out solutions and help students get connected with resources.

Academic Advisor contact information:

Academic Advising Center (open majors, first-year students with declared majors, pre-majors, pre-professional majors and non-degree, and special status students): 319-353-5700

Tippie Undergraduate Program Office
(Business): 319-335-1037
College of Education: 319-335-6111
College of Engineering: 319-335-5763
College of Nursing: 319-335-7018

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University of Iowa Academic Resources.

Tutor Iowa (tutor.uiowa.edu) serves as the centralized website for University academic resources. On the main page, the following are featured:

Supplemental Instruction (SI). SI is peer led review sessions that target courses with hard-to-master content (i.e., chemistry, biology). Studies have shown that students who actively participate in SI sessions tend to earn one grade higher than students who do not attend SI sessions. Also, engaging in one 50-minute SI session is equivalent to studying on your own for two hours.

Campus Help Labs. There are over 25 departments and services listed that provide either free tutoring or maintains a list of private tutors for hire.

Under the “**Academic Success**” section of Tutor Iowa, worksheets are available to be printed on the following topics: active reading; avoiding procrastination; establishing relationships with instructors; managing test anxiety; memory techniques; multiple choice; note taking strategies; time management; and more.

The “**news**” section features upcoming academic success workshops, study places on campus, ITC availability across campus, and mentor opportunities.

Type into the “**Find a tutor here!**” box the subject in which you need help. Resources will pop up to display your options. If you cannot find help for a specific course, let us know (319-353-2747, tutoriowa@uiowa.edu) – we will do our best to find a resource for you.

Have you talked with the professor about your midterm grade or course progress?

We encourage you to talk with your professor about your grades. Faculty members really do want to see you students excel. Faculty do not know you are struggling, and will not assume to offer assistance.

There are many benefits to talking with your Instructor about your progress in the class:

- Demonstrating that you care about your grade and want to do better in the course.
- Gaining some academic advice and tips on how to study and prepare for the course.
- Figuring out ‘if’ you are able to get a better grade and what needs to be done .

During this meeting, take responsibility for your academic habits (i.e., “I have not been attending class on a regular basis”, “I find the readings to be overwhelming”).

Develop a list of questions to take to the meeting to guide the discussion. Ask specific questions about unclear concepts and for advice on study techniques.

How are you feeling?

Have you experienced a change in emotions this semester (i.e., overwhelmed, anxious, depressed)? Is college a bit more difficult than you perceived at the beginning of the semester? Free and confidential support is offered through the **University Counseling Service (319-335-7294)**. The mission of the University Counseling Service is to provide compassionate psychological services, outreach, and training that foster the mental health of students, nurture student success, and contribute to a safe, welcoming, and multiculturally aware campus community.



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Thinking about withdrawing?

Withdrawing should be discussed with your academic advisor since it could create problems you may not anticipate (i.e., full-time/part-time status, financial aid.) The last day for undergraduates to drop individual semester length courses: Monday, April 7, 2014 at 4:30 p.m.

Note: *there is just over a one-week between receiving midterm grades and the deadline to drop a course.*

If you do not know who your academic advisor is, find out by looking at your account on ISIS (<http://hawkid.uiowa.edu/>).

How do you withdraw from a course?

- a) During the week of March 31 (*earlier in the week, the better*), you must talk with your faculty member and academic advisor to discuss options.
- b) Submit a completed "Change of Registration" form to the Registrar's Service Center, 17 Calvin Hall by 4:30 p.m. on April 7. Signatures must be gathered from: academic advisor (not required for students enrolled in Tippie College of Business), instructor of the course, intercollegiate athletics (if applicable), and ISSS (international students only).

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