

## Barriers to Academic Success

Just because you're on academic probation doesn't mean you should question your ability to succeed in college. Being on academic probation is not an indication of your future success. We recognize that you may have had events and/or circumstances which were outside of your control (External Barriers) that led to your probationary status. Or perhaps internal factors that were within your control (such as motivation, lifestyle, taking too many units, or study habits) contributed to your academic probation status. When internal factors come into play and you address them, you are likely to be successful.

**The following is a list of external and internal barriers. Take this time to reflect and take an honest inventory of what events or internal barriers contributed to being placed on academic probation.**

### External Barriers

- Severe Illness or injury
- Psychological Problem
- Called to Military Service
- Death of a Close Family Member
- Serious Reversal in Financial Situation
- Loss of Care for Dependents
- Inappropriate Behavior of Someone in the classroom

### Internal Barriers

- Lack of Motivation
- Poor Time Management
- School Not a High Priority
- Too Many Commitments
- Undefined Goals
- Relationship Issues
- Sleep and Eating Habits
- Drug & Alcohol Issues
- Poor Study Skills/Lack of preparation
- Transition

If you are challenged with any of the *Internal barriers* listed above, please seek assistance at the Learning Center, Student Health Center, and Counseling and Psychological Services so that you can learn effective strategies and make a place to get back into good standing.

If you have experienced an *External barrier* that was catastrophic and completely beyond your control, you may have the option to withdraw from a course or set of course with a catastrophic withdrawal. Petitions for catastrophic withdrawals require official documentation and highly scrutinized. Please contact the Office of the Registrar, the Learning Center or the Advising Center or refer to the Office of the Registrar's Withdrawal Process for more information.