Stay On Track Plan
Action Sheet

This plan is designed to assist you to mobilise your strengths and resources to stay on track academically. Identifying goals, imagining and creating strategies for achieving them and taking small steps can help you to improve and enhance your future performance.

WEIGHING UP THE BENEFITS AND DISADVANTAGES
1. What are the benefits (eg. sense of achievement) and disadvantages (eg. less money, less socialising) to staying on track academically for me?
   Disadvantages:

   Benefits:

2. What would help to enhance or tip the balance in favour of staying on track?

3. Motivation
   Rate from 1-10 how ready I feel about getting or staying on track.

   1  2  3  4  5  6  7  8  9  10

   Not ready  Ready
   If less than 10, what would have to happen for my rating to move up in the scale?
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CHALLENGES
4. What will I need to deal with, overcome or change to stay on track?

5. Within myself (eg. stress, fear, lack of interest, uncertainty)

6. Within the university (eg. isolation, lack of support, anonymity)

7. Within my Personal Life (eg. financial, work or relationship problems)

STRENGTHS AND RESOURCES
8. What strengths, resources and supports do I have for staying on track?

9. Internal sources of strength (eg. confidence, determination, areas of success)

10. Resources at the University (eg. academic advice & feedback, Student Services, LAS)

11. External resources or sources of strength in life (eg. supportive relationships)
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STEPS TO MOVE FORWARD
12. What steps do I need to take for me to stay on track?

13. What is one small step to take today?

14. In the next week?

15. In the next month?

16. For the semester?

SIGNPOSTS
17. How will I know that I am staying on track?

18. How will I feel, think, and behave differently when I am on track?

BUILDING MOMENTUM
19. How can I maintain staying on track next semester?

Good luck with staying on track