Check out the CAPS Web site www.fit.edu/caps for more tips on how to achieve academic success. CAPS offers FREE and CONFIDENTIAL counseling services to all students of Florida Tech. Students can call (321) 674-8050 or come into the center to make an appointment. CAPS is located on the corner of Country Club Road and University Boulevard, next to the Health Center.

CAPS also encourages you to utilize free tutoring and group study sessions as well as a variety of other support services at the Academic Support Center (ASC). Students can call (321) 674-7110 or come to the center to make an appointment. ASC is located adjacent to the teaching auditorium (P-133) at the south entrance of Evans Library. Visit ASC’s Web site www.fit.edu/asc for additional information and resources.

Please visit our Web site: www.fit.edu/caps
You will find additional information about our services, as well as other helpful resources, including anonymous online screening surveys.
There are many reasons why students fall out of “good standing” in their academic pursuits. When this happens, thoughts that it may be impossible to recover are common. These thoughts can lead to general feelings of negativity toward school, often pushing a student further and further away from his or her academic interests. Whatever the reasons are that led to unsatisfactory academic progress, there is hope for bringing that GPA back up and regaining satisfaction in one’s academic pursuits. Embracing the following 12 Steps to Academic Recovery after a period of academic struggles can help guide you away from self-defeating thoughts. With these affirmations in place, and once a real commitment is made, you can begin to find success again in the classroom and beyond.

1. I accept that my academic life has become unmanageable and is interfering with my ability to achieve my goals.
2. I recognize that I have developed counter-productive and/or self-defeating attitudes that interfere with the achievement of my academic goals.
3. I will engage in an ongoing inventory and/or self-exploration to identify these counterproductive behaviors and self-defeating attitudes.
4. I will not allow my pride or feelings of vulnerability to interfere with being honest with myself regarding my difficulties.
5. Once identified through honest exploration, I will implement a plan to make a positive change in these behaviors and attitudes.
6. I will challenge my tendency toward denial, excuses, placing blame and rationalization for my academic difficulties.
7. I will be proactive and seek assistance from the Academic Support Center (for tutoring, etc.), CAPS (for supportive counseling, study skills training, etc.) and academic advisers when I cannot modify my behaviors and attitudes.
8. I recognize that there will be a tendency to revert back to past behaviors.
9. To prevent these relapses, I will admit to myself and another person the exact nature of my academic difficulties.
10. I recognize that my tendency to engage in short-term thinking and immediate gratification is a roadblock toward my long-term academic and career goals.
11. I will not forget the past that resulted in my academic difficulties, but will be forgiving of the past so that I can move forward in a positive direction.
12. Having developed a realization regarding my academic difficulties, I will make an attempt to carry this message to my peers who may be struggling academically as I did.

To get you started off on the right foot this semester, here are five tips for academic success:

1. **Get organized.** Invest in a weekly planner so you can keep track of upcoming assignments and exams. You will be less likely to wait until the last minute to cram if you plan ahead and give yourself time to prepare for assignments. Keep it with you so you can write down reminders or make changes to your schedule when needed.
2. **Go to class.** Sure, waking up early for bio may seem unbearable, but it will save you the huge hassle of trying to track down important notes the night before an exam. Also, professors will be more likely to help you out when they see that you have made the effort to go to class. If the first time they see your face is the day before an exam when you’re begging for an extra help session, don’t count on getting any sympathy.
3. **Maximize your study time.** Find a location that works for you and go there to work instead of trying to write your research paper while your roommate masters his gaming techniques. Cut out the distractions and head to the library or empty classroom for more efficient studying.
4. **Find a healthy balance between work and play.** Many students get burned out when they place too much emphasis on one or the other. It’s possible to get good grades and have a social life … you just have to know when to draw the line. There will always be another Thursday night at the bar, but there definitely won’t be another chance to take your Friday morning midterm. So say “no thanks” to Thursday’s invite and head out Friday night to celebrate instead.
5. **Ask for help!** Whether that means calling a classmate to go over homework or scheduling an appointment with CAPS to learn how to manage your stress, don’t wait until it’s too late. You’re not the only one struggling and there is no sense in telling yourself to “tough it out.” The longer you wait, the harder it will be to get your grades back up so ask for help as soon as you need it.