

EARLY ALERT

RECOGNIZE • SEEK SOLUTIONS • IMPLEMENT CHANGE

Why is **Early Alert** important for students?

Early Alert is a strategy for handling challenges as soon as possible to increase academic success. Early Alert steps include:














- ① RECOGNIZING challenges immediately when they occur.
- ② SEEKING SOLUTIONS to the challenges.
- ③ IMPLEMENTING CHANGE to overcome the challenges.



Early Alert is a very important part of **student success** that depends on effectively overcoming challenges each semester. If not handled correctly, challenges can easily lead to falling behind in classes, feeling overwhelmed and lower performance.

Examples of **Early Alert** in action ...What action must you take?

① RECOGNIZING challenges by spotting the red flags:

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|  Failing to prepare for class |  Difficulty with or <i>NOT</i> completing homework |
|  Coming to class without learning supplies, i.e. textbook, notebook, calculator, etc. |  Poor performance on quizzes or exams |
|  Poorly organized class materials, i.e. lecture notes, quizzes, handouts, etc. |  Lack of communication with instructors |
|  Failing to review lecture notes after class |  Lack of motivation |
|  Arriving late for classes and/or appointments |  Difficulty balancing academics with other commitments. |
|  Missing classes and/or appointments |  Feeling anxious and overwhelmed |
| |  Feeling lethargic and tired |

② SEEKING SOLUTIONS to challenges: *Self-Advocacy*

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| ✓ Take advantage of MHC resources: <ul style="list-style-type: none"> ○ Academic Advising ○ Career Services ○ Counselling ○ Peer Support ○ Academic Coaching Services ○ Writing Specialist ○ Academic Resource Centre ○ Accessibility Services ○ Campus Physician | <ul style="list-style-type: none"> ✓ Schedule time with instructors during office hours ✓ Seek a tutor (peer tutor or other) ✓ View suitable online resources for coursework ✓ Explore learning technology and APPS ✓ Form study groups ✓ Take time for self-care ✓ Attend student success workshops |
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③ IMPLEMENTING CHANGE to overcome challenges:

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| <ul style="list-style-type: none"> ✓ Establish a sense of urgency: No urgency, no change! ✓ Set short-term goals for improvement ✓ Implement solutions from Step 2 | <ul style="list-style-type: none"> ✓ Use a weekly planner for time management ✓ Find an accountability partner ✓ Follow-up: Are your solutions working? ✓ Re-visit resources |
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