

Purpose: Gain clarity on where you stand in each course!		
Grades are a useful form of feedback. Record your current grade in each course.	Identify specific challenges in each course and consider asking your instructors for feedback.	Recommended Review Dates: Fall: Mid-October & End of November Winter: Mid-February & End of March
Course	Challenges/Feedback	
Course: _____ Grade: _____	Challenges: _____ _____ _____ Instructor Feedback: _____ _____ _____	
Course: _____ Grade: _____	Challenges: _____ _____ _____ Instructor Feedback: _____ _____ _____	
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Action Planner

Use this planner to determine specific steps you can take to address any challenges you identified.

Tip: Make each action step simple and specific and break more complex actions into single steps.

Academic Coaching Services can guide you in this process:

Justine McKennie • Academic Strategist • <https://www.mhc.ab.ca/Services/AcademicSupport/AcademicCoaching>

Action Step What needs to be done?	By When? When will this action be completed?	Potential Obstacles Are there any challenges that could stand in the way of completing the action? How will you manage it?	Necessary Resources Who can you connect with and/or what do you need to complete this step?