Academic probation recovery journal

Copy the standing rules from your faculty calendar, then plan the term: required average, meetings, supports and the work you will actually do.

NAME

DATE

WHAT THE SCHOOL WROTE

SCHOOL AND FACULTY

STANDING NAMED IN THE LETTER

LETTER OR EMAIL DATE

REVIEW OR DEADLINE DATE

STANDING RULES (COPY, DO NOT GUESS)

Rule I copied from the official calendar or letter	Source page or section	My number now	Number I must reach

RECOVERY PLAN

What the letter says I must do, in its words.

Who I will meet (advisor, accessibility, counselling, faculty) and when.

Courses I will keep, drop or reduce, and why, per the official dates.

Weekly study hours I can actually protect, and what I will cut to make room.

How I will know mid-term whether the plan is working.

Academic probation recovery journal (continued)

WEEKLY FOLLOW-THROUGH

Week of	Assessments due	Hours planned	Hours done	Support used	Note to self

Standing rules differ by faculty and can change. This sheet does not decide your standing. The official calendar and the office that wrote to you are final.