




Mid-Term Intervention

Center for Student Retention and Success

A Title III Funded Program

What is a Mid-Term?



Professors tend to refer to their mid-semester exams as 'midterms'. They could be the first of two cumulative exams for the course (the other being the 'final' exam) worth significantly more points than other exams in the course.

They could also be the same weight as the other exams in the course and simply be in the middle of the semester.

Points to Remember:

The purpose of a 'Midterm grade' is to identify how students are doing in their courses to identify where improvements are needed.

Midterms are released approximately two weeks before the semester drop deadline so that students are able to make an informed decision on whether or not to drop a course.

Midterm grades are not recorded on your permanent record or transcript. They are designed to help students assess their mid-semester standing and make changes, if needed.

You can find your midterm grade report in Banner > Student > Student Records > Midterm Grades.

Midterm Grade Assessment

The first step towards improvement is to identify where you stand in your individual courses. Take a minute to look at your syllabus to identify what grades you received on your course assignments and tests.

For the purposes of this assessment, we recommend that you only look at the assignments that you've completed and have received a grade for.

It's important to understand that this might not be a completely accurate representation of your current grade as there are likely assignments that haven't been completed or graded and various weights or curves on assignments or tests. For a more accurate idea of your current course grade, we recommend you speak with your professors.

Example Course

Intro to Sociology

Assignment Name	Points Received (A)	Points Possible (B)
Initial Self Analysis Paper	30	30
Conflict Theory Paper	15	30
Conflict Theory Test	35	50
Social Interaction Paper	20	30
Social Interaction Test	25	50
Midterm Exam	50	75

Total A) 175 B) 260

$(A \div B) \times 100 = \text{ __? __ }$

$(175 \div 260) \times 100 = 67.3\%$

GPA Calculator

Visit the online GPA calculator to determine your anticipated GPA:

<http://gpacalculator.net/college-gpa-calculator/>

You will need to enter your 'calculated' letter grade and number of credits for each course!

Not satisfied with your grades?



If you received a midterm grade or are not satisfied with any of your current mid-semester grades, here are some tips for improvement!

Contact your Retention Counselor for help developing an academic recovery plan for each class!

Meet with your professors!

Sitting down with your professor can be a great way to identify where you struggled in past and what your options are to improve your course grade.

When you meet with them, consider asking them:

- What exactly is my Midterm grade based on?
- What tips do you (professor) have to help me learn this material?
- Will there be any extra credit opportunities this semester?
- Explain to them that you really want to improve in their course and want to understand the material; you just need some help getting there.

Take action now to avoid your midterm grade turning into your final grade!

Talk with your adviser and your professors about where you're at in each course, how you might be able to improve, and whether dropping a course is the best option.

If you want to drop a course...

Before dropping a course, be sure to know if you have reached your drop limit (see SUNO Catalog for details on drop limits).

Dropping all of your classes is called 'withdrawal' and involves a different procedure than the one below.

Before Dropping a Course

1. Check if you will maintain full-time status as it can affect scholarships and financial aid, so check these things before dropping below full-time status.
2. Check to see how dropping this class might affect your degree program. Consult the 4-year degree plans.
3. If there are any issues involving Steps 1-2, talk to your academic adviser. If you have completed Steps 1-2 and find no problems, get a Add/Drop slip from the Registrar's Office. (Note: You need an Add/Drop slip for every class you drop.)
4. Take the Add/Drop Slip to your Academic Advisor and have him or her sign it.
5. Take the completed Add/Drop Slip to the Comptroller's Office for processing. There will be a processing fee of \$10 per Add/Drop slip.
6. Take your completed Add/Drop Slip and fee receipt to the Registrar's office to complete the process.

Thinking of changing your major?

To explore different majors and career options call or make an appointment with an Advisor of the perspective college of choice.

To change your major you need a change major form completed from your current department and signed by the intended college. Then submit all paperwork to the Registrar's office.

Consider obtaining a tutor for a difficult course.

How Much Does it Cost?

Tutoring is available to all students at the discretion of the perspective college. We also have a **FREE** tutoring center for Math, English, Reading and Writing Lab also available administered by the Center for Comprehensive Communications (504) 286-5026 located on the Lake Campus Modular E.

Additional Assistance

Set up a **FREE** appointment with a Retention Counselor in your perspective college.

- Academic Coaching involves one-on-one meetings with students seeking help in evaluating and correcting academic challenges. Students at any level are encouraged to seek academic coaching to develop skills that can improve areas of their lives such as time management, note taking, study skills and test taking.

Counseling

- If you feel your anxiety is severely affecting your ability to succeed academically, you can call the Campus Counselor Mrs. Keishelle Jones-Reynaud at (504) 286-5347 to explore other anxiety management techniques including an individual appointment.

Change Your Thoughts

- Try and identify some reasons why you might be struggling overall
- When evaluating a situation or a task look at the big picture and see how truly important it is.
- Always try to stay positive no matter what the outcome.
- Once you feel you are fully prepared for an exam step back and relax. Trust the process to take care of itself.
- Think of the worst case scenario and have a plan for that outcome.
- Visualize yourself succeeding.

Change Your Behaviors

- Separate yourself from unnecessary stress
- Make a to-do list and categorize everything by priority; accomplishing the main priorities first.
- Create a schedule so you know when you need to complete everything and how to eliminate wasted time.
- Admit to yourself that you are overwhelmed and say no to situations that may cause more stress.
- Keep your mind and body healthy by eating well, exercising and getting a healthy amount of sleep.

Identifying test anxiety:

When taking tests, do you...

- Feel like your mind “goes blank”?
- Become easily frustrated?
- Find yourself thinking “I can’t do this”?
- Feel like the room is closing in on you?
- Find it difficult to breathe?
- Suddenly “know” the answers after turning in the test?
- Get more anxious by other students finishing

Before the test, consider the following:

- Follow your regular sleep pattern at least two nights before the exam. Set two alarms for morning tests.
- Avoid caffeinated beverages and energy drinks.
- Stretch to loosen your body and encourage circulation; practice deep/slow breathing.
- Change negative thoughts into positives.

Instead of, “I won’t do well” think to yourself, “I will do my best.”

On test day, arrive early, and ease yourself into the testing situation by:

- Select a seat that is comfortable for you with good lighting and space (perhaps decreasing distractions).
- Sit quietly and breathe deeply and slowly.
- Run concepts that may be on the test through your mind. Continue to breathe deeply and slowly.


During the test, pay attention to yourself and your reactions to the test material.

- If you are breathing quickly...adjust your posture and consciously focus on deep, slow breathing for 10-15 seconds. Return to the test.
- If you are holding your pen/pencil too tight...set down the pen/pencil. Then, clench and loosen your grip 4-5 times, and shake it briefly. Grasp your pen/pencil again but loosely. Return to the test.
- If you begin feeling anxious about a certain question/topic... mark that question as unanswered and come back to it later.




Are you managing your time and setting priorities (daily/weekly)?

- ▶ Approximately how many hours do you feel you waste in a week?
 - ▶ In what categories do you waste the most time?
 - ▶ What needs more or less time?
 - ▶ Are you surprised at how you distribute your time?
 - ▶ There are only 168 hours in a week. How does that compare with your total?
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 - ▶ What areas would you like to change?
- ▶ Sleeping
 - ▶ Studying
 - ▶ Eating
 - ▶ Exercising
 - ▶ Social Media
 - ▶ Extracurricular Activities
 - ▶ On/Off Campus job
 - ▶ In-Class
 - ▶ Talking/Texting
 - ▶ Watching TV
 - ▶ TOTAL # of HOURS




Time Management is the Way to Success!

- ▶ Set Goals. Determine exactly what you want to accomplish each day and every week. By setting goals, you will be more inclined to follow through with them and accomplish your tasks.
- ▶ Prioritize. Once you know what needs to be accomplished, you must prioritize your tasks. Be sure to stay focused on the most important task before you move on to the next one.
- ▶ Organize. Create a weekly calendar that includes your schedule for classes, study time, social events, club meetings, exercise, and any other time necessary to achieve your goals. Also include assignment due dates in this calendar so you don't miss a deadline. Review this calendar every day so you will develop a regular routine.




Time Management is the Way to Success! Cont.

- ▶ Avoid Procrastination. Procrastination is the main downfall of achieving your goals. If you plan on doing an activity, stick to your schedule; don't put it off until tomorrow.
- ▶ Utilize Spare Minutes. Do you ever get out of class early or waste time waiting on someone to meet you? If so, you need to start using those extra minutes wisely. Accomplish small tasks while you're waiting and you will find that you have extra time to complete those larger tasks later.
- ▶ Know when you are Most Productive. Everyone has a time period during the day when they are most productive. Use times when you have the most energy to accomplish the tasks that are more demanding. The times when you have less energy to work should be used to complete tasks that are less challenging.



Steps to Success with Prioritizing and Time Management

1. Keep a planner or use some type of weekly schedule (see last page) and make 'to-do' lists
2. Set short and long term goals that are realistic and achievable
3. Combine several activities at once (e.g. working out with reviewing note cards)
4. Stick with your goals
5. Don't be a perfectionist. Do the best you can do and plan ahead
6. Seek help with projects and feedback on assignments from professors and peers
7. Learn to say "no" (or 'not right now' to allow yourself to complete work first and then have fun later)



Do you struggle with exam preparation and test taking?

1. Familiarize yourself with the test.
2. Overview all the work to be done and schedule time to do it.
3. Avoid the "escape syndrome."
4. When faced with unread material keep in mind how much time you have and what you need to get out of the reading.
5. Review actively. Integrate notes, text, and other information onto summary sheets by diagramming, charting, outlining, categorizing in tables, or simply writing summaries.
6. Practice doing what you will be doing on the test.
7. Study with other well-prepared students and attend any review sessions.



Taking Tests:

1. Be prepared emotionally, physically and intellectually. Get into a "fighting" attitude, emotionally ready to do your best.
2. Arrive at the test room early enough to arrange your working conditions and establish a calm, alert mode.
3. When you receive your test use the back to jot down all the information you might forget (ask whether you can write on the test form first).
4. Preview the whole test before trying to answer any questions. Make sure your copy has no missing or duplicate pages. Ask the instructor or proctor to clarify any ambiguities. Read the directions carefully.
5. Plan your time. Allow the most time for the questions which offer the most points, and leave time at the end to review.
6. Start with the easy questions to build confidence and gain time for harder questions. Work the entire test, and put down an answer for each questions even if you must guess (unless there is a "penalty for guessing").
7. Do not panic if you see a question you did not anticipate. Use everything you know to analyze the question and create a logical answer.
8. Read the question as is. Avoid overanalyzing or oversimplifying, or you will end up answering a question that exists only in your mind. Answer the question the test maker intended.



Analyzing Returned Tests:

1. If you receive your test back to keep, rework your errors to find out why the correct answer was correct.
2. If you do not receive your test back, visit your instructor's office to look at your answer sheet and the questions you missed.
3. Look for the origin of each question--text, notes, labs, supplementary reading, etc. What does that tell you?
4. Identify the reason you missed questions. Did you read the question incorrectly? Did you underprepare for that content? Was the test at a more difficult level than you prepared for? Did you run out of time?



Survey

Please Complete the Mid-Term Intervention Survey that is associated with this PowerPoint.

<https://www.surveymonkey.com/s/KZVP3X9>