

TWELVE STEPS TO ACADEMIC RECOVERY

- 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 counter-productive 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 towards denial, excuses, placing blame and rationalization for my academic difficulties.**
- 7. I will positively seek assistance from Florida Tech Academic Support Services, CAPS and Academic Advisors 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 road-block 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.**

For additional academic success resources contact CAPS at 674-8050 and/or the Academic Support Center at 674-7110.