

Engineering Student Success Plan: The Pledge

As a Ram Engineer, you're smart. Your commitments should be, too.

The following commitments follow the SMART framework for effective goal-setting. They are **S**pecific, **M**easurable, **A**ttainable, **R**ealistic and **T**ime-bound (SMART).

My Pledge

- I will meet with my advisor three (3) times each semester.
 - I will meet with my advisor to discuss my semester goals.
 - I will meet with my advisor to discuss my progress for the semester.
 - I will meet with my advisor to discuss my next semester and future schedule.
- I will go to class.
 - If I am sick or physically unwell, I will seek medical assistance.
 - If I am mentally or emotionally distressed, I will seek mental health assistance.
- I will proactively attend tutoring sessions.
 - If tutoring is unavailable, I will contact my instructor to ask about tutoring options or study groups.
 - I will attend office hours monthly to discuss material and check my understanding.
- I will stay focused in class.
 - I will come to class prepared.
 - I will not engage in social media or other distractions while in class.
 - I will purchase or rent the text and other material recommended for each class.
 - If I can't afford the material, I will seek guidance from my advisor or instructor.
- I will apply for at least one scholarship not sponsored by VCU per year.
- I will meet with the Financial Aid Office if I need help financing my education.
- I will meet with the Engineering Career Services Office each semester.
 - I will create and regularly update my resume.
 - I will discuss my career goals and progress toward those goals.
 - I will attend at least one Career Services event each semester.
- I will be an involved student.
 - I will join at least one student organization.
 - I will regularly attend its meetings and activities.
- I will check my VCU email at least once per day.
- I will take care of my mental and physical health.
 - I will eat a healthy diet.
 - I will walk or exercise a minimum of 30 minutes at least five days a week.
 - I will get the amount of sleep I need to be rested and mentally alert.
 - I will not work more than 20 hours per week if I am carrying a full course load.