



Planning



Growth



Communication

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# STUDENTS' EXPERIENCES IN THE PROBATION PROCESS

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Engagement



Partnerships



Resources



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**THESE STORIES REFLECT COMMON EXPERIENCES THAT  
MANY STUDENTS REPORT HAVING IN THE ACADEMIC  
PROBATION PROCESS.**

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# COURAGE

"When I failed MAT 16A class, I was devastated. If anything, getting the academic probation notice made me feel worse. Eventually, I got up the courage to talk to my professor. I went to her office hours, she closed the door, and my story spilled out. I was worried what she would think. But she surprised me. She told me, 'You probably wouldn't believe how many times I've had a conversation like this. Every time a person walks in thinking they are the only one, but really, more students struggle than you think.' I saw that there's no shame in struggling academically--lots of people do. It's all about how you respond. When I got the letter I was really down. But I learned something important in the process, about how to face up to challenges, to ask others for help, and find a way forward. That was some time ago, and I can see now that the process was productive for me and helped me grow as a person and as a student."



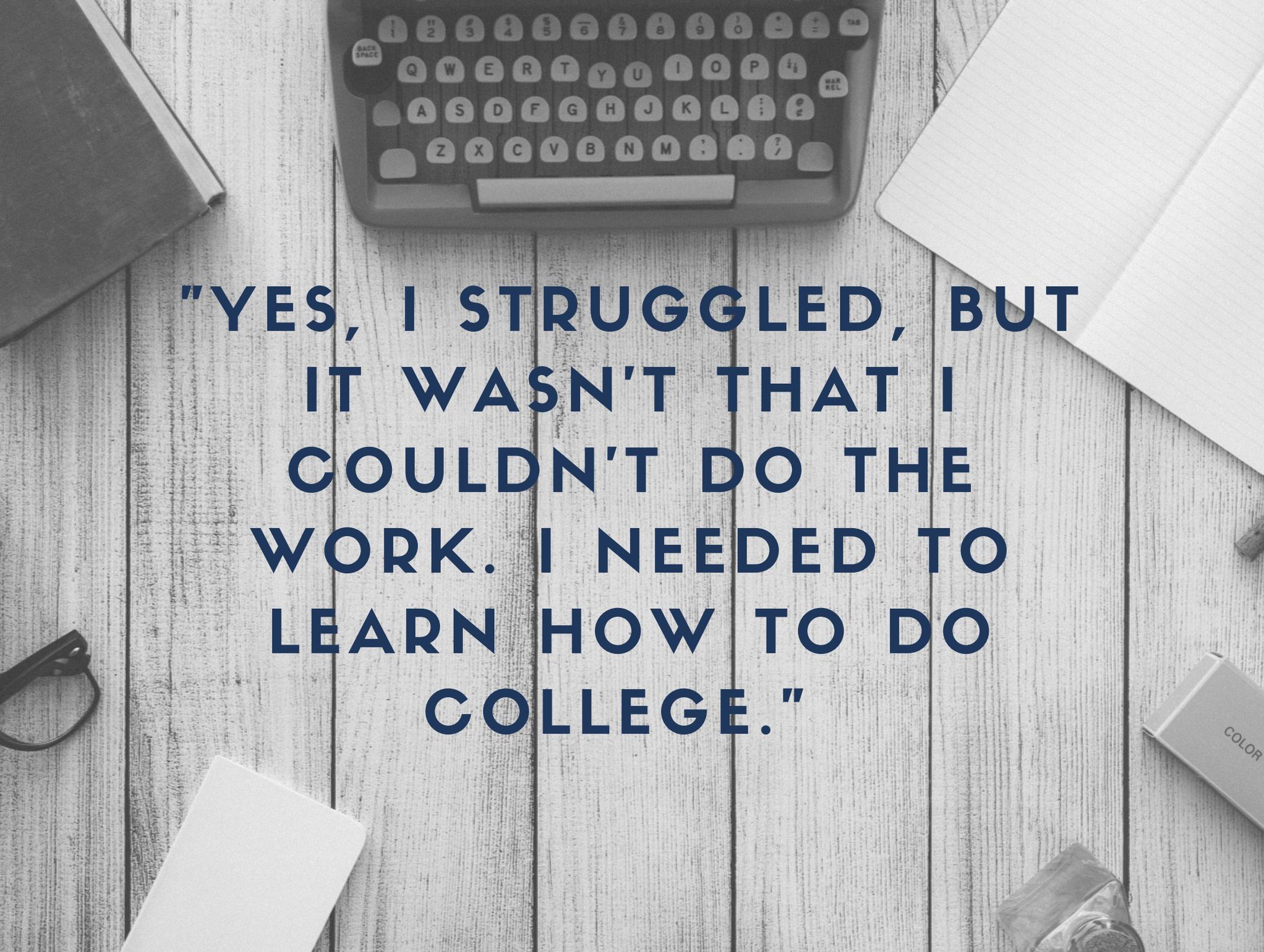
# AWARENESS

"I was very busy one quarter keeping up with class, work, commuting, and family responsibilities. My grades tanked. Still, the probation letter was a shock. I hadn't thought much about the academic probation policy before, so I didn't realize I had let my grades get so out of hand. I was ashamed and embarrassed at first. How did I let this happen? After talking with my academic advisor, I felt a little better. Eventually, I saw that probation is the Dean's Office's way of making sure that everyone is doing okay. I can understand that, and I'm glad this process is there for students when we need it. This experience increased my awareness of policies and expectations, but it also connected me with advisors, faculty, and mentors who helped me figure out how to manage my schedule. I ended up taking a few quarters off, took community college classes to help me figure out what major I really wanted to do and that helped me get back on track. Now I'm in a major I love and I'm proud of what I'm accomplishing at UC Davis."



# GUIDANCE

"A few quarters back, I was struggling with some mental health issues. I felt like I was barely holding it together. I couldn't focus on my studies, so probation didn't come as a surprise. But it did help me realize that I didn't know how to deal with everything, so I reached out for some guidance from people around me including one of my close friends and a counselor from Student Health and Counseling Services who has appointments in the Dean's Office in Mrak. They helped me learn how to manage my mental health better—to take care of myself and get support when I need it. I still struggle sometimes, but overall I'm doing better mentally and academically now, and I've learned how to deal with stress and hard times more effectively when they come up."

A top-down view of a desk with a light-colored wooden surface. In the center is a dark grey keyboard. To the right is a white notebook with lined pages. To the left is a dark grey notebook. In the bottom left corner, a pair of black-rimmed glasses is visible. In the bottom right corner, there is a small grey color palette with the word 'COLOR' printed on it. The text is centered in a bold, dark blue font.

**"YES, I STRUGGLED, BUT  
IT WASN'T THAT I  
COULDN'T DO THE  
WORK. I NEEDED TO  
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# OPTIONS

"I love UC Davis--the experiences I've had, what I've learned, and the people I've met. I wouldn't trade them for anything. But a while back, I made some poor choices and my grades suffered. At first I ignored the problems. I hoped they would just go away. Of course they didn't. Getting on probation was really hard for me because I knew I could do better. Finding out that it could affect my financial aid kicked me into action. I went to the financial aid office and ended up talking with a woman there about my options, like different kinds of loans you can get and that you can file an appeal. Then, I set up a meeting with one of the academic advisors. He clearly understood people sometimes make mistakes but can learn from what happened and improve and grow. We strategized and made a plan. To be honest, it's been tough. But I've done it. And that gives me confidence that I can handle whatever other challenges the future holds for me."



# POTENTIAL

"Coming to UC Davis hit me like a ton of bricks. I'm the first person in my family to go to college and I'd done well in high school but I just wasn't prepared for the way college works, how much reading some professors assign, or the fancy language some people use. When I ended up on academic probation, I felt like a failure, like I didn't belong. After a while, I realized that probation didn't define me as a person or limit my potential as a student. Yes, I struggled, but it wasn't that I couldn't do the work. I needed to learn how to do college. It took some time, but I made an effort to take advantage of as many resources as I could: I met with my advisor, went to tutoring and a study strategies workshop at the Student Academic Success Center, and started spending more time at the library. Now, I'm on track to graduate and I know that I deserve to be here just as much as anyone else."



# FAMILY

“Being a student is really important to me, and so is my family. That’s a huge part of why I’m here at UC Davis--to be able to create more opportunities for my family in the future. One quarter, there was a lot going on at home. That, on top of work and school, was just too much and I did poorly. When I got the academic probation letter, I wondered if maybe I should just give up. Thankfully, though, I talked with a friend who encouraged me to keep going. I talked through all my responsibilities with him and that helped me make a plan for how to get done what needed getting done. I started talking with professors and TAs early on in my classes to get tips about how to be strategic and efficient. I also got more involved with the Student Recruitment and Retention Center in the SCC and met other people going through similar things. It hasn’t been easy, but I’m proud of what I’m doing for me and for my family.”



# PROACTIVE

"I found it really hard to juggle working part-time and going to school full-time. I was devastated when I was placed on probation. I felt alone and overwhelmed, and so for too long I just didn't do what I needed to. Finally, I started being more proactive. I talked with my advisor, one of my professors, and someone at the career center. I also went to the Transfer Center and met other people also juggling, trying to make it work. That helped more than I can say. Throughout the process, different people gave different advice and eventually I figured out what made sense for me. Looking back, I wish I had started talking to people earlier, when I first got the probation letter I didn't want to talk to anyone because I felt embarrassed and I worried how people would view me. But I see now that most people at UC Davis really want you to succeed. And that means a lot to me."



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**REMEMBER, THIS IS A PROCESS THAT MANY STUDENTS EXPERIENCE AND YOU ARE NOT ALONE. ADVISORS IN THE DEAN'S OFFICE ARE HERE TO SUPPORT YOU ON YOUR PATH BACK TO ACADEMIC GOOD STANDING. PLEASE DON'T HESITATE TO CONTACT US!**

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