

Where is my academic standing?

A decision guide for taking ownership of your next step — with care, with support, and with your strengths in view.

Your marks are information — not your identity.

Whatever your semester looks like, follow this guide to see where you are and decide what to do next. Every path has support, and every path has a future.

STEP 1

Take stock — first, reflect

SELF-EVALUATION, NOT SELF-JUDGEMENT

STRENGTHS

What worked well for me?

GAPS

What didn't work as hoped?

REFINEMENT

What would I do differently?

BLIND SPOTS

What did I miss?

STEP 2

Look at your modules honestly

EVERY PATH FORWARD HAS SUPPORT

ASK YOURSELF

How many of my modules am I struggling with or have I failed?

• KEEP GOING

Mostly on track — refine & rebuild

Passed most modules. One or two slipped. Foundation is solid.

• PAUSE & CONSULT

Several modules need attention

Multiple modules slipped. Bring others into the picture with you.

• EXPLORE YOUR OPTIONS WITH SUPPORT

Significant academic risk

A real chance to look at things differently — not a failure.

STEP 3

Take action — follow your path

ONE STEP AT A TIME

KEEP GOING

- 1 Pick up the pace**
Reset study strategies for the modules that slipped.
- 2 Reconnect with your "why"**
Renew your motivation and long-term goals.
- 3 Utilise Academic Development Support**
Book a work session or individual consultation.
- 4 Build weekly check-ins**
Track your own progress and celebrate small wins.

PAUSE & CONSULT

- 1 Book your faculty adviser**
Get clarity on your situation and options.
- 2 Speak to CSCD support staff**
For stress, anxiety, and the emotional load.
- 3 Explore your options**
Discuss module load, selection or possible programme changes if appropriate.
- 4 Understand the practicalities**
Ask about registration, fees and academic standing / exclusion.

EXPLORE YOUR OPTIONS WITH SUPPORT

- 1 Meet your faculty adviser urgently**
This is your first & most important step.
- 2 Reach out for emotional support**
You don't have to carry this alone.
- 3 Seek support before making decisions**
Different courses, fields, or pathways are valid.
- 4 Redefine your dreams**
They can take new shape — every future is still open.

STEP 4

Who to reach out to

YOU DON'T HAVE TO FIGURE THIS OUT ALONE

Centre for Student Counselling & Development (CSCD)

For academic & career support

Study skills, time management, concentration

studysuccess@sun.ac.za · 021 808 4606

For emotional well-being & personal challenges

Stress, anxiety, personal challenges

supportus@sun.ac.za · 021 808 4994 · 021 927 7020 (Tygerberg)

Crisis & after-hours

Urgent support outside office hours

ER24 Crisis Line · 010 205 3032



Book a
work session
Open form



Book an
individual session
Open form

What will be different this semester?

You don't need every answer today. Pick **one** next step you can take this week — a conversation, a booking, a habit. Small, brave actions change the shape of a semester.