

PREDICTING YOUR GRADE POINT AVERAGE (GPA)

You can predict your semester GPA if you understand quality points, quality hours and how they are figured. You earn quality points and quality hours for each course in which a grade is given. Your GPA is the total number of quality points you've earned divided by your quality hours. Quality points are awarded for each course graded A, B, C, D, F, or WF. Quality hours are semester hours attempted which receive a grade of A, B, C, D, F, or WF. Courses which are graded S/U, P/F or audit do not earn quality points.

Using the chart below, figure out your predicted grade point average for this semester:

NUMBER OF QUALITY POINTS (PER SEMESTER HOUR)

GRADE	1	2	3	4	5
A	4.0	8.0	12.0	16.0	20.0
A-	3.7	7.4	11.1	14.8	18.5
B+	3.3	6.6	9.9	13.2	16.5
B	3.0	6.0	9.0	12.0	15.0
B-	2.7	5.4	8.1	10.8	13.5
C+	2.3	4.6	6.9	9.2	11.5
C	2.0	4.0	6.0	8.0	10.0
C-	1.7	3.4	5.1	6.8	8.5
D+	1.3	2.6	3.9	5.2	6.5
D	1.0	2.0	3.0	4.0	5.0
D-	0.7	1.4	2.1	2.8	3.5
F	0.0	0.0	0.0	0.0	0.0

For example, if you think you will receive a B in English 1100, you would give your nine quality points for that course (B in a 3 semester hour course = 9 quality points). If you think you will earn a D in Biology 1101, you would put down 4.0 quality points for that course, because Biology is a 4 semester hour course. Remember; include only courses that give a grade of A, B, C, D, F, or WF.

Course	Predicted Grade	Quality Hours	Quality Points
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Totals =		_____	_____
Divide total Quality Points by your Quality Hours to get your predicted GPA			_____

If you are not doing well academically, get help. Very few students get through college without assistance. Do not make excuses or blame others for your academic problems. Take charge of your education. You will make mistakes and its okay because you will learn from them.

Keep your emotional balance because a high level of stress and worry can block you from studying and learning. Take time out for recreation, quiet time and reflection, just getting away from the pressure of the academic routine.