

## How to use ABAS forms to predict grade-point average (GPA) ([miltemp@mindspring.com](mailto:miltemp@mindspring.com))

With a high degree of probability ABAS (Assessing Behaviors for Academic Success) forms can be used to predict your semester GPA. An ABAS form accompanies these notes. The ABAS form lists nine behaviors which research shows correlate with academic success. Points are awarded based on how well you do each of the behaviors. A perfect ABAS score is 100. Here is the information about how to correctly fill out an ABAS Form:

1. A form should be filled out every Sunday night based on the previous week's performance, then your ABAS score for the week is determined. Ideally, at the end of the semester, you would thus have 16 ABAS scores. The average of these 16 scores would predict your GPA for the semester. For statistical validity, one should have at least 12 scores for accurate prediction - but ANY NUMBER of ABAS scores are better than none. On your computer keep a "clean" copy of the ABAS form, then duplicate it every Sunday night, fill it in, then put it in a "Completed ABAS Forms" file. IDEAL: Send a copy of your completed ABAS form to a trusted confidante to "hold yourself accountable".
2. Some behaviors on the ABAS form count "2-for-1":
  - a. An hour of tutoring gives credit for tutoring AND counts as an hour of studying as well.
  - b. An hour in a Study Group gives credit for being in a study group AND counts as an hour of studying as well.
  - c. Time spent doing homework, writing lab reports, writing computer programs & writing essays also count as study time.
3. ABAS scores also have short-term predictive power. For example, if for three consecutive weeks your ABAS scores are 87 or higher, and you have quizzes the fourth week, then you should make A's and B's on the quizzes.
4. For an ABAS form to be filled out correctly on Sunday nights, you must have an accurate calendar for the preceding week - showing how much sleep you got and whether you achieved 2-for-1 study time. Sample calendars and instructions on how to construct your calendars accompany these notes. (See next section.)

If you are a freshman, filling out ABAS forms your first semester is of **vital importance**. The behaviors required for academic excellence in college ARE NOT the same as they were in high school. Filling out ABAS forms teaches the new behaviors required for academic excellence in college. **"You are not in Kansas anymore."** (ABAS scores predict the GPAs for upperclassmen as well.)

It is difficult for persons with an External Locus of Control (LoC) to use the ABAS Form method of achieving academic success. They should override their disbelief in the method and DO IT ANYWAY. Determine your LoC at the following website:

<http://www.psych.uncc.edu/pagoolka/LC.html>

**Average ABAS scores per semester from AT LEAST 12 ABAS forms: 80-85 = 80% probability > 3.0; 87-100 = 90% probability > 3.5; 0-20 = 90% probability < 1.5.**