

Student Success Self-Assessment

Date:

Name:

Term:

Email:

GPA:

Major:

Freshman

Sophomore

Junior

Senior

Grad Student

Self-Assessment Section I

What areas or activities have made academic success difficult for you? Check all that apply.

Didn't participate in class

Lack of motivation

What worked in high school no longer works

Didn't go to class

Not sure why I am in school

Poor time management or organizational skills

Didn't take notes

Personal problems / issues

Pressure, anxiety, stress, or tension

Didn't study enough

Not getting enough sleep

Don't know how to study

Using alcohol or other drugs

Didn't complete assignments

Health problems

Too much time on phone, internet, or other

Didn't keep up with reading

Interpersonal violence

Trouble finding friends, homesick, lonely

Don't have the book(s) for class

Difficulty concentrating

Trouble balancing work, class, and activities

Not prepared for exam / class

Family obligations

Unsure about choice of major / career

Missed one or more tests

Financial issues

Changed major one or more times

Procrastinated too much

Roommate issues

Unsure what jobs are associated with major

Trouble understanding content

Conflict with professor

No clear career goals / unsure where to start

Class is too difficult

Uncomfortable classroom climate

Course load too strenuous

Negative emotions (stress, bored)

Over-involved in activities

Frustrated and/or gave up

Registered for too many classes

Work too much

Self-Assessment Section II

In what areas do you think you need assistance?

Study skills

Choosing a major

Career exploration

Stress management

Overcoming test anxiety

Lifestyle changes

Math skills

Time management

Dealing with a personal issue

Test-taking skills

Dealing with chemical dependency

Writing skills

Self-Assessment Section III

Explain in detail the three most significant obstacles that have affected your academic success.

Obstacle

Impact

Available Resources

1

2

3

Self-Assessment Section IV

What academic resources, campus connections, or networks have you used?

Self-Assessment Section V

Think about your responses to sections I-IV and develop a plan for removing your obstacles and improving your academic success.

Goal

Action Plan

Available Resources

1

2

3

4

5