PERSONAL ASSESSMENT: ESTABLISHING ACADEMIC PRIORITIES

Part 1: Factors contributing to academic difficulty
Check each of the items you feel may have contributed to your present academic situation

What course problems have made learning difficult for you?

___ Inappropriate background for course
___ Course load too heavy
___ Uncertain about your academic and/or career goals
___ Other course problems: __________________________

What personal issues may have interfered with your performance?

___ Health issues
___ Financial difficulty
___ Too many commitments
___ Lack of confidence in your abilities
___ Social distractions
___ Change in relationship with someone important you
___ Other personal issues: __________________________

What institutional factors have made learning difficulty for you?

___ Teaching
___ Problems with instructors
___ Classes too large
___ Campus values differ from yours
___ Lack of good tutors
___ Other institutional factors: __________________________

Has your approach to studying hindered your academic progress?

___ Good intentions but poor follow through
___ Concentration easily broken
___ Worries about failure interrupt study
___ Spotty reading of textbooks
___ Unprepared for classes
___ Lecture notes useless for studying
___ Uncertain about what is important to study
___ Other approaches to studying: __________________________

Other factors that might be making learning difficult

___ Enrolled in college because you were expected to
___ External expectations rather than internal motivation keeps you on campus
___ On and off-campus activities distract you
___ Life seems to be “on hold”
___ Other motivational issues: __________________________

__  Unrealistic amount of work assigned in class
__  No interest in particular course
__  Too little time available in your schedule
__  Loneliness
__  Burnout from taking classes
__  Unresolved personal problems
__  Family problems
__  Substance abuse
__  Anxiety
__  Unaware of support services that can help
__  No opportunity for involvement with other students
__  Few people with interests or backgrounds similar to yours
__  Advising
__  Inadequate facilities for studying
__  Material quickly forgotten
__  Memorization substituted for understanding
__  Too little time to prepare for tests
__  Unexpected questions on tests
__  Unsure about how to study
__  Other approaches to studying: __________________________
Part II: Planning for Academic Success: Setting Goals for the Future
Look over the factors that you identified as having made college the most difficult for you. Keep these in mind as you complete the following sections on short term and long term goals.

Long-Term Goals: What goals have you set for yourself for 5 yrs from now?
1.
2.
3.

What steps do you need to take to reach these goals?
1.
2.
3.

What are the positive factors that will help you reach your goals? (self-motivated, family support, interested in major, etc...)
1.
2.
3.

What obstacles do you have to overcome to reach your goals? (working too many hours, test anxiety, unsure about career, etc...)
1.
2.
3.

Short-term goals: In addition to getting back into good academic standing, identify two additional short term goals to accomplish within the next 6 months.
1. Establishing good academic standing
2.
3.

What strategies will you use to achieve the short-term goals that you just identified?
1.
2.
3.

Part III
Are there areas below that you think you might need assistance with?
___ Study skills
___ Math skills
___ Stress management
___ Time management
___ Dealing with personal issues
___ Lifestyle changes
___ Writing skills
___ Career exploration
___ Dealing with chemical dependency
___ Other________________________