Academic Success Self-Assessment

Name: E-Mail: Phone: Major: Cumulative GPA: Semester GPA: University ID: Cumulative Credits: Semester Credits:

SECTION I:
What areas or activities had made academic success difficult for you? (Check all that apply, then circle the TOP 3 obstacles that have impacted your academic progress.)

- Use of alcohol and/or other drugs
- Didn’t go to class
- Didn’t take notes in class
- Didn’t turn in homework or other assignments (or turned them in late)
- Wasn’t organized enough
- Procrastinated too much
- Difficulty setting priorities between school and social activities
- Lack of motivation
- Not sure why I’m in school
- Personal problems or issues
- Financial difficulties
- Health problems
- Didn’t get enough sleep
- Confused/unsure about a choice of major
- Didn’t buy the book for class
- Didn’t manage my time well
- Missed one or more tests
- Don’t really know how to study effectively
- Trouble balancing work and class
- Family obligations
- Uncertain about current major
- Changed major one or more times
- Unsure what jobs are associated with major
- No clear career goals
- Interpersonal violence
- Homesick
- Didn’t study enough
- I never had to study in high school
- Unprepared for exams
- What worked in high school doesn’t work anymore
- Hard to concentrate
- Class difficult/not prepared for course level
- Unable to understand course content or find relevance in course material
- Conflict with professor
- Registered for too many classes
- Did not attend or skipped class(es)
- Uncomfortable/oppressive classroom climate
- Missed one or more tests
- Didn’t study enough
- Negative emotions (stress, boredom)
- Didn’t participate in class
- Didn’t keep up with the reading
- Frustrated with my performance and gave up
- Health problems
- Financial problems
- Too much time on computer/Facebook/etc.
- Pressure, stress, anxiety or tension
- Over-involved with extra-curricular activities
- Work too much (#Hours per Week ________)
- Roommate issues
- Interpersonal violence
- Hard to find friends/Lonely

SECTION II:
In what areas do you think you need assistance?

- Study skills
- Stress Management
- Math skills
- Test-taking skills
- Choosing/changing majors
- Overcoming test anxiety
- Time management
- Dealing with chemical dependency
- Career Exploration
- Lifestyle changes
- Writing skills
- Dealing with a personal issue
SECTION III:

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

<table>
<thead>
<tr>
<th>Obstacle</th>
<th>Explain the Obstacles Impact on Your Success</th>
<th>How Can You Eliminate This Obstacle</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>#2:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>#3:</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

SECTION IV:

*What academic resources, campus connections or networks have you used here at the University? (tutoring, student counseling, advising, supplemental instruction, Greek Life, etc.)*
SECTION V:
Think about your responses to Sections I through IV and develop a plan for removing your obstacles to success and improving your academic success now and in the future. Discuss this plan with the Learning Coach who will offer additional ideas and thoughts.

<table>
<thead>
<tr>
<th>Goal</th>
<th>Action to Be Taken (what will I do)</th>
<th>Action Plan (dates, schedule of activity, follow-up meetings, etc.)</th>
<th>Available Resources (tutoring, S. I., Professor, Advising, Counseling, Housing, Greek Life, etc.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Goal 1:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Goal 2:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Goal 3:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Goal 4:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Goal 5:</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Garden Level Gregson Hall • class.uark.edu • 479.575.2885