

## Self-Assessment to Rediscover Academic Success

Complete this self-assessment to evaluate your individual situation. Consider all of the factors that have caused academic difficulties and to develop a plan to achieve academic success.

Name: \_\_\_\_\_ Major: \_\_\_\_\_ PID: \_\_\_\_\_ Quarter: \_\_\_\_\_

### I. Study Skills & Time Management

Based on your experience, indicate whether the following statements are true (T) or false (F).

- |   |   |   |
|---|---|---|
| 1. I feel I was enrolled in too many units last quarter.  | T | F |
| 2. I take notes during lecture that adequately prepare me for exams.  | T | F |
| 3. I believe I experience too much anxiety when facing an exam.   | T | F |
| 4. I have an adequate study location/space that allows me to focus.   | T | F |
| 5. I have my reading assignments completed before the class lecture.  | T | F |
| 6. I often have to read class material several times before I understand it.                                  | T | F |
| 7. I always fall behind in my work and never seem to catch up.  | T | F |
| 8. I have difficulty preparing for exams because I have trouble predicting what will be on them.              | T | F |
| 9. I wait until the last minute before an exam to read textbooks or review lecture notes.                     | T | F |
| 10. I plan out my weekly schedule and have a good balance between my academics and co-curricular involvement. | T | F |

### II. Attendance & Campus Resources

1. Reflect on your class attendance last quarter. If any, how many classes did you miss in each course?

Subject:	Course #:	# classes missed:
Subject:	Course #:	# classes missed:
Subject:	Course #:	# classes missed:
Subject:	Course #:	# classes missed:

2. Please indicate the approximate number of hours per week you spent last quarter on each of the following:

- \_\_\_\_\_ Attending class
- \_\_\_\_\_ Studying during the week (Monday - Friday)
- \_\_\_\_\_ Studying during the weekend (Saturday - Sunday)
- \_\_\_\_\_ Paid work or internship position
- \_\_\_\_\_ Social/co-curricular activities
- \_\_\_\_\_ Other major commitments (explain):  
\_\_\_\_\_

3. Did you participate in any study groups this past quarter? Yes  No

4. How often did you consult with your professors or teaching assistants (TAs) during office hours?

Never  Rarely  Sometimes  Frequently

5. Which campus resources have you utilized? (Check all that apply)

- |  |   |
|--|---|
| <input type="checkbox"/> <a href="#">Warren College Academic Advising</a>                                | <input type="checkbox"/> <a href="#">UCSD Writing Center</a>  |
| <input type="checkbox"/> <a href="#">Major/Department Advising</a>                                       | <input type="checkbox"/> <a href="#">CARE at the Sexual Assault Resource Center</a>   |
| <input type="checkbox"/> <a href="#">Counseling &amp; Psychological Services (CAPS)</a>                  | <input type="checkbox"/> <a href="#">Campus Community Centers (Black Resource Center, Cross-Cultural Center, LGBT Resource Center, Raza Resource Centro, and/or the Women's Center)</a> |
| <input type="checkbox"/> <a href="#">Office of Students with Disabilities (OSD)</a>                      | <input type="checkbox"/> <a href="#">Student Veterans Resource Center</a>   |
| <input type="checkbox"/> <a href="#">International Students &amp; Programs Office (ISPO)</a>             | <input type="checkbox"/> <a href="#">The Zone</a>   |
| <input type="checkbox"/> <a href="#">Career Services Center</a>  | <input type="checkbox"/> <a href="#">Back on Track</a>  |
| <input type="checkbox"/> <a href="#">Office of Academic Support &amp; Instructional Services (OASIS)</a> | <input type="checkbox"/> Other: _____   |
| <input type="checkbox"/> <a href="#">Student Health Services</a>   |   |

### III. Major/Career

1. Read each of the following statements and check any that are applicable to you.

- I have definitely decided on the following major. \_\_\_\_\_
- I am undecided between two or more majors. They are: \_\_\_\_\_
- I am totally undecided about what major I should choose.
- I have/will research the following regarding my major: department website, department advising services, and the career services center.

2. Are there requirements for your major that are of particular concern for you? If so, please describe your action plan below.

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### IV. Personal Reflection

1. Identify any of the following reasons that have affected your academic performance. (Check all that apply)

- |  |   |
|--|---|
| <input type="checkbox"/> Health/medical related issues               | <input type="checkbox"/> Feeling of loneliness or isolation |
| <input type="checkbox"/> Personal/family situation                   | <input type="checkbox"/> Homesickness                       |
| <input type="checkbox"/> Roommate or relationship issues             | <input type="checkbox"/> Alcohol and/or substance abuse     |
| <input type="checkbox"/> Significant/traumatic life events           | <input type="checkbox"/> Pressure, stress, or anxiety       |
| <input type="checkbox"/> Financial difficulties                      | <input type="checkbox"/> Physical or                        |
| <input type="checkbox"/> Over-involved with co-curricular activities | <input type="checkbox"/> Lack of confidence                 |
| <input type="checkbox"/> Work commitments                            | <input type="checkbox"/> Lack of motivation                 |
| <input type="checkbox"/> Family commitments                          | <input type="checkbox"/> Other: _____                       |

### V. Identifying Challenges

1. Reflecting on this self-assessment, **list three of the most significant challenges** that have affected your academic performance.

1.	2.	3.
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2. Explain **how** each of these challenges impacted your academic success.

**Challenge 1:**

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**Challenge 2:**

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**Challenge 3:**

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## VI. Action Plan

Identify four goals that will help you to overcome the challenges that you have listed in Section V. Create an action plan with the steps you will take to address each issue. Consider what resources that you will utilize.

Goal	Action Plan (i.e. attend office hours twice a quarter)	Campus Resources (refer to section II)
1.		
2.		
3.		
4.		

Strategize for success when choosing courses for current and future quarters. Complete the chart below to assist you with planning and meet with your major advisor and Warren academic counselors throughout the year.

FALL QUARTER	WINTER QUARTER	SPRING QUARTER
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
Units: _____	Units: _____	Units: _____