

Self-Assessment Form

If you are experiencing difficulty with your academic studies, fill out this form and bring the completed self-assessment with you to your advising session.

Student Name: ID: Semester: Year:

Skills

Circle the statement that is appropriate for you. True = T False = F

- 1. I take notes on my readings.....T F
- 2. I feel I was enrolled in too many classes last semesterT F
- 3. My lecture notes prepare me adequately for examsT F
- 4. I Believe I experience too much anxiety when facing an exam.....T F
- 5. The notes I take on my reading assignment are completed before classT F
- 6. I have the next class's reading assignment completed before I understand it.....T F
- 7. I often have to read class material several times before I understand it.....T F
- 8. I believe I am more likely to remember things studied at the last minuteT F
- 9. I have difficulty preparing for exams because I have trouble predicting what will be on them.....T F

Time Management/Resources

- 1. Where do you do the majority of your studying _____
- 2. Please indicate the approximate number of hours per week you spent last semester on each of following:
 - Attending class _____
 - Studying during the week (Monday-Friday) _____
 - Studying during the weekend (Saturday-Sunday) _____
 - Working on a paid job _____
 - Social/extracurricular activities _____
 - Other major commitments (explain) _____

Did you participate in any study groups? Yes _ No _

How often did you consult with your professors?

Never _ Rarely _ Sometimes _ Frequently _

Attendance

Did you attend classes regularly last semester? Yes _ No _

How many classes did you miss in each course last semester?

Course: _____ # missed ____ Course: _____ # missed ____

Course: _____ # missed ___

Course: _____ # missed ___

Health and Personal Problems

Was there any period during the last semester when you were sick more than a day or two?

No ___ Yes __. I was sick a total of ___ days during the semester.

Identify any particular personal problems during the last semester that made it difficult for you to concentrate on your academic work.

Has the problem been resolved? Yes ___ No ___

Curriculum

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

I have definitely decided on my major.

I am undecided between two or more majors.

If there are requirements for the major that are of particular concern to you, please list them below.

What course or courses have you liked best and liked least at CHU? Why?

Best: _____

Least: _____

Comments

Please take a few minutes to identify some behaviors and/or reasons that may have caused you to have academic difficulty last semester. Remember, a "behavior" is something YOU did or didn't do: it is NOT an excuse (e.g., the class was boring; I didn't like the instructor, and so on).

Having completed this questionnaire, list behaviors that you will need to change in order to increase the chances that your academic work will improve:
