

Name (please print) _____

Date _____

Please complete this self-assessment.

Your honest responses will identify areas that need attention and suggest strategies for academic improvement.

Academic and Study Habits

1. I missed more than 3 class meetings during the previous semester in the course(s) I earned grades below "C"
 Yes
 No
 List courses _____
2. When I had trouble with course material I (please select all that apply)
 Spoke with the professor
 Spoke with my advisor
 Sought tutoring or supplemental help
 Joined a study group
 Other _____
 Did not do anything
3. I have trouble taking the follow kinds of tests (please select all that apply)
 Multiple choice
 Essay
 Fill-in-the-blank
 Short answers
 I do not have trouble taking tests
4. I have trouble concentrating when I read.
 Sometimes
 Always
 Never
5. I understood and reviewed the course syllabi for the classes I did poorly in. If no, for which classes?
 Yes
 No
 List courses _____
6. I took a class I did not like or that did not hold my attention.
 Yes
 No
 List courses _____
7. I have a learning disability (or think I might have one)
 Yes – Have you worked with the Academic Support Center? _____
 No
8. I had trouble finding a quiet place to study
 Yes – Where did you do most of your studying/homework? _____
 No – Where did you do most of your studying/homework? _____
9. When I study I usually (check whichever apply)
 Have music playing
 Take frequent breaks to check Facebook, text friends/family, or do other multi-tasking
 Focus exclusively on studying for extended time with no additional media or distractions present
10. I did well in the classes I took that were related to my major or field of interest
 Yes
 No

