

ACADEMIC PERFORMANCE SELF-ASSESSMENT

Please complete this self-assessment as honestly as you can. The information you provide will help to identify problem areas as well as create a strategy for improvement.

PART I:

Read the items below and place an X beside the items that you feel hurt your academic performance.

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|------------|---|
| *** | Academics: |
| | Inconsistent or poor class attendance |
| | Difficulty following the way the professor(s) presented material |
| | Communication problems with my advisor |
| | Getting used to USI and college in general |
| | Unclear about grading, course requirements, etc. |
| | Trouble getting the classes I wanted |
| | Being in one or more classes I didn't like or wasn't interested in |
| | Classes that were too difficult for me |
| | Problems taking most tests |
| | Not knowing what to major in |
| | Not getting extra help or tutoring |
| | Trouble talking with my professor(s) |
| | |
| *** | Personal Skills and Habits: |
| | Lack of time or trouble prioritizing |
| | Having a learning disability (or thinking I might have one) |
| | Trouble managing my time |
| | Procrastination |
| | Not able to study effectively |
| | Difficulty concentrating |
| | Trouble with multiple choice tests |
| | Trouble with essay tests |
| | Trouble with problem tests |
| | Difficulty with labs |
| | Slower reading speed than other students |
| | Difficulty with reading comprehension |
| | Trouble with things like spelling, punctuation or sentence construction in written work |
| | Difficulty with organizing thoughts in writing |
| | Weak math skills |
| | Weak note taking skills |
| | Trouble identifying key and supporting points in lectures and texts |
| | |
| *** | Personal and Social Life: |
| | Athletics taking more time than I expected |
| | Job taking too much time |
| | Feeling homesick |
| | Too much time in student organizations or activities |
| | Trouble getting along with my roommate(s) or people in my residence |
| | Finding a quiet place to study with no distractions |
| | Financial problems |
| | Family problems |
| | Low motivation |
| | Health problems |
| | Partying too much |
| | Use of alcohol and/or other drugs |
| | Staying up too late/lack of sleep |
| | Other emotional problems |
| | Not knowing where to get help/counseling for personal or relationship problems |

PART II:

What do you feel were the most important reasons for your academic difficulty?

How do you plan to improve your grades this semester?

What kind of help do you feel you need to improve academically?

Do you know how to calculate your GPA? Yes No

How will the demands on your time be different this semester?

Who at USI knows you best and has given you the most help?

Name **Advisor** **Semester**