

Academic Self-Assessment

Complete this assessment, print it, and bring it with you to the [Academic Reflection workshop](#) on 1/20/17 from 4-5pm in LH 305 or to an individual advising meeting. Self-assessment and reflection can help you:

- ✓ Evaluate your approach to academic coursework
- ✓ Identify obstacles from the previous semester that impacted your academic success
- ✓ Identify changes and create a plan for success utilizing workshops and resources on campus

Name:	E-mail:	Cell #:
University ID #:	Year of graduation:	Major:
Academic advisor:	Cumulative GPA:	Most recent semester GPA: # credits taken that semester:
Campus involvement: (clubs/orgs, Greek life, sports, etc.)		

A. Students on probation may need to [retake courses](#) from previous semesters or make other adjustments to their class schedule for the current semester. Please complete the chart below to assist you and your advisor in evaluating your current class schedule.

Previous semester courses with grades of C- or below	Grade	Have you ever repeated this course?

Courses planned for upcoming semester	Credit hours	Is this something you're repeating?	Why are you planning to take this course?

B. What **academic resources, campus connections, or networks** have you utilized at UConn (tutoring, Counseling and Mental Health Services, Q Center, etc.)?

C. In reviewing your academic performance, what has negatively impacted your grades? **Check all** that apply and **circle the top three** items that have impacted your academic progress.

Academic

- Study skills that worked in high school don't anymore
- Never had to study/learn how to study in high school
- Unprepared for exams/unsure how to prepare
- Hard to concentrate/day dreaming
- Did not attend classes
- Took too many credits
- Conflict with professor(s)
- Uncomfortable/oppressive classroom climate (including class size)
- Knew of campus resources but didn't use them
- Unaware of campus resources
- Difficult classes/unprepared for challenge level
- Inexperienced with required classroom technology
- Unable to understand course content or find relevance

Major/Career

- Uncertain about current major/changed major one or more times
- No clear goals
- Not sure why I'm in school
- UConn may not be the right school for me
- Honors Program may not be the best fit for me

Other factors not listed above:

Personal

- Lack of motivation
- Can't get out of bed in the morning
- Difficulty sleeping
- Extreme pressure, stress, anxiety, or tension
- Health problems (mental and/or physical)
- Use/abuse of alcohol or other substance(s)
- Learning disability (possible or diagnosed)
- Financial difficulties
- Undeveloped time management method
- Over-involved in extracurricular activities
- Working too much (#hours/week___)
- Excessive amount of time spent on-line (Facebook, gaming, etc.)

Family/Social Adjustment

- Homesickness
- Difficulty adjusting to college life
- Hard to make friends/loneliness
- Roommate issues
- Personal relationship issues
- Family situation/issue

D. Now, explain in detail the **three items you circled as having the most significant impact** on your academic performance.

Factor	Explain factor's impact on your success	How can you eliminate or work with that factor?
1.		
2.		
3.		

E. **Action Plan for a Successful Semester:** Think about a plan of action for getting the semester off to a strong start. Include meetings with your advisor & instructors, tutoring, and other resources.

Goal	Action plan (dates, follow-up meetings, etc.)	Resources to be used (tutoring, professors' office hours, etc.)
1.		
2.		
3.		