Name: ____________________ ID #: ____________________

University of Minnesota - College of Liberal Arts Academic Self-Assessment

We hope this assessment form will help you focus on your academic situation and consider actions that will help you succeed. This form must be completed before you can meet with an advisor to have your probation hold moved.

CONTRIBUTING FACTORS
Please check any of the below challenges that you think influenced your academic performance in the most recent term that had a term or cumulative GPA below 2.0

Personal
___ Social distractions
___ Not motivated
___ Living situation
___ Family issues
___ Relationship difficulties
___ Homesickness
___ No personal connections with anyone at the University

Medical/Health
___ Medical issues
___ Mental health concerns
___ Alcohol/substance use
___ Possible learning disability

Financial
___ Financial difficulties
___ Work hours

Time
___ Procrastination
___ Multiple competing time commitments
___ Transportation problems

Academic
___ Course selection
___ Course format
___ English language skills
___ Not sure about my major/career/life direction
___ Inadequately prepared for courses
___ Didn’t apply myself

Other
________________________________________________________________________

Describe the most significant factors that you noted above:
________________________________________________________________________

TIME MANAGEMENT/STUDY HABITS
During a typical week, about how many hours did/do you spend on each of the following?

<table>
<thead>
<tr>
<th></th>
<th>Last Semester</th>
<th>Current Semester</th>
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<tbody>
<tr>
<td>Class time/studying/homework</td>
<td>__________</td>
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<td>Working/ Internship</td>
<td>__________</td>
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<td>Volunteer/Extracurricular</td>
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<td>Social/Facebook/entertainment</td>
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<td>Family responsibilities</td>
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1. Explain when and where do you study most often? Is this effective?

2. Academically successful students frequently: a) complete readings prior to lecture, b) take effective notes on lectures and readings, c) review notes and readings throughout the term, not just before the exam, d) begin papers and projects well before the deadline, and e) utilize campus resources such as the SMART Learning commons, the Writing Center, and instructor and TA office hours. List the study skills that you plan to or have implemented in order to have a more successful semester.
**AREA OF STUDY**
1. Fill in the appropriate blanks
   _____ I am decided on the following major: _____________________
   _____ I am choosing between two or more majors. ________________ or ______________
   or _______________
   _____ I am completely undecided about what major I should choose.

2. Throughout your academic career, in which courses have you been most successful?

   2a. Do these courses apply to your major/minor area of study? _____Yes _____No

3. Throughout your academic career, in which courses have you been less successful?

   3a. Do these courses apply to your major/minor area of study? _____Yes _____No
   3b. If yes, have you ever considered a different major? If so, which one?

4. How confident are you about doing well in the major you’ve chosen?
   Not at all confident  Slightly confident  Moderately confident  Extremely confident

**CURRENT SEMESTER PROGRESS**
Please complete the following grid with the information you have regarding your classes this semester:

<table>
<thead>
<tr>
<th>Course (i.e. Anth 1001)</th>
<th>Grade in the course so far</th>
<th># of class sessions missed</th>
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<th>Grade in the course so far</th>
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**PLANNING FOR SUCCESS**
1. List 3-4 behaviors that you have begun to implement to increase the likelihood of a successful academic semester.

2. List 2-3 realistic goals that will help you return to good academic standing. How will you achieve these goals?

Please check any resources you would like more information about:

___ CLA Advising Office/ Major Advisor
___ CLA Career Services
___ Center for Academic Planning and Exploration (CAPE)
___ University Counseling & Consulting Services (UCCS) or Boynton Health Counseling Services
___ Multicultural Center for Academic Excellence (MCAE) Tutoring
___ Smart Learning Commons
___ Center for Writing
___ Disability Services
___ Student Conflict Resolution Center
___ Office of Student Finance or One Stop
___ Veterans Services
___ Student Parent Help Center
___ International Students and Scholar Services
___ Other: _____________________