

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.

***	Academics:
	Inconsistent or poor class attendance
	Difficulty following the way the professor(s) presented material
	Communication problems with my advisor
	Getting used to WSU 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