

# Union Institute & University: Academic Self-Assessment Form

## Online Undergraduate Orientation: Assessment of Factors Limiting Success

Directions: Complete this list by checking each item that, in general, may limit your success.

### **Goals and Direction**

- |  |  |
|--|--|
| <input type="checkbox"/> Not prepared for college coursework     | <input type="checkbox"/> Overall lack of motivation            |
| <input type="checkbox"/> No career goal                          | <input type="checkbox"/> Not sure I want to be in college      |
| <input type="checkbox"/> Unsure if present major is right for me | <input type="checkbox"/> Not sure UI&U is the right university |

### **Academic Issues**

- |  |   |
|--|---|
| <input type="checkbox"/> Lack a method to manage daily schedule  | <input type="checkbox"/> Misplace important class information   |
| <input type="checkbox"/> Unprepared for college-level work       | <input type="checkbox"/> Poor note-taking skills                |
| <input type="checkbox"/> Lack of general study skills            | <input type="checkbox"/> Little or no class participation       |
| <input type="checkbox"/> Do not follow a study guide             | <input type="checkbox"/> Inadequate test preparation            |
| <input type="checkbox"/> Do not use a designated study area      | <input type="checkbox"/> Test taking or test anxiety issues     |
| <input type="checkbox"/> Difficulty understanding readings       | <input type="checkbox"/> Study but cannot pass tests            |
| <input type="checkbox"/> Spend too much time on reading          | <input type="checkbox"/> Issues with class and/or professor     |
| <input type="checkbox"/> Little to no preparation before class   | <input type="checkbox"/> Procrastinate on assignments/test prep |
| <input type="checkbox"/> Did not reach out to professor for help | <input type="checkbox"/> Other: _____                           |

### **Personal Issues/Concerns**

- |   |  |
|---|--|
| <input type="checkbox"/> Physical or cognitive challenges | <input type="checkbox"/> Ethnicity or race issues    |
| <input type="checkbox"/> Financial problems               | <input type="checkbox"/> Substance abuse issues      |
| <input type="checkbox"/> Significant family commitments   | <input type="checkbox"/> Feel stress and overwhelmed |

## Goals and Action Plan

Use this chart to develop at least three goals to accomplish in the next term. Decide what you need to do to accomplish each goal by creating an action plan. As a final step, think about the challenges or obstacles you might encounter that would interfere or prevent you from accomplishing your goals and decide how you can overcome the obstacle. Remember to create goals that are specific, measurable, achievable, realistic, and timely.

<b>Goals:</b>	<b>Action Plan:</b>	<b>Challenges &amp; Obstacles:</b>