

# Self Assessment

## Reasons for Academic Difficulty

By examining the contributing factors which landed you on probationary status, you will be taking the first step in helping yourself return to good academic standing. Please honestly reflect on your situation and complete the self assessment.

### PART 1:

This checklist is designed to help you identify and clarify the reasons or problems which might have caused your academic difficulty last quarter. Go through the list of items and check those which might apply to you. *Please add others which are not listed here.*

#### Motivation

- Most of the time I don't enjoy studying.
- I usually do things at the last minute.
- I don't enjoy my classes.
- I don't know what I want to major in.
- I have trouble concentrating on my work because I am thinking about other things.
- It's more important to my parents than to me that I am at UCSD.
- I find it difficult to go to class regularly.
- I find it difficult to get up in time for morning class.
- I find that other activities or interests take up time in place of studying.
- My courses do not seem relevant to my life or to what I want as a career.
- My instructors do not make the course material very interesting.

#### Adjustment to College Life

- I spend too much time partying.
- I stay up late most nights.
- Everything is so big and impersonal, I feel anonymous.
- I've been very discouraged by poor grades.
- This school is more competitive than my high school.
- I haven't found any student groups or activities that interest me.
- I have trouble planning my time now that I'm on my own.
- I commute to UCSD and do not feel a part of the college community.
- I miss my friends and family back home.
- I don't like the people or environment here.
- I have a job, so I don't have enough time to study or get involved in activities here.

## **Study Skills/Time Management**

- I can't find a place to study that's quiet enough.
- I'm embarrassed to talk to my instructor or T.A. when I get poor grades on a paper or test.
- I'm always behind in my work and never seem to catch up. I don't know how to make a study plan that works.
- I don't know how to vary the way I study for different kinds of classes.
- English is not my first language; I have trouble with it.
  
- No matter how hard I study, I can't seem to do well. I study the wrong things for the exam.
- I'm uncomfortable admitting to anyone that I need help to improve my study habits.
- Even though I know the material, I panic on exams and do poorly.
  
- I read slowly and rarely get my reading assignments done.
- I don't know how to take good lecture or reading notes.
- I find it difficult to recognize the most important points in a lecture.
- I procrastinate.
- I spend too much time on TV/Internet/Computer/Video games

## **Direction and Goals**

- I'm not sure what a liberal arts degree will do for me.
- I don't know what I can do with my major and not knowing affects me.
- I worry because my classmates seem to know what they want to do with their lives and I don't.
- I am afraid to commit myself to any one field of study.
- What I think I'd like as a career doesn't fit in with what my parents or others' expect of me.
- I know what I'd like to study, but UCSD doesn't offer a defined major for it or I can't be admitted to the major I want.
- I keep changing my mind about what career direction or major I want.
  
- I am undeclared and don't know what to major in.

## **Personal Issues:**

- I feel tired all of the time and have no energy.
- I feel tense and anxious.
  
- I've been bothered by problems with my family/parents/roommates/boy or girl friend/friends.
- I haven't been in school for awhile and its rough being a student again.
- I have medical problems that interfere with my studies.
- I have family responsibilities (children, parents, siblings, etc.)
- I've lost my self confidence and wonder if I'm as smart as most of the students here.
- I'm not as successful here as I was in high school.
- I wonder if my relations with alcohol or other drugs are getting in my way.
- Cultural pressures

### **Time Management/Resources:**

Where do you do the majority of your studying?

Approximately how many hours per week did you spend last quarter on each of the following:

\_\_\_\_\_ Attending class

\_\_\_\_\_ Studying during the week (Monday through Friday)

\_\_\_\_\_ Studying on the weekend

\_\_\_\_\_ Working at a paid job

\_\_\_\_\_ Social or extra-curricular activities

\_\_\_\_\_ other commitments (explain) \_\_\_\_\_

Did you utilize tutoring services offered through OASIS, a department or other source?

Did you participate in any study groups?

How often did you consult with our professors or TAs during office hours?

## **PART II:**

Review the items you checked in Part I. Choose one or two items from each category that have brought you the most difficulty. List the item (s) below:

### **Motivation**

- 1.
- 2.

### **Adjustment to College Life**

- 1.
- 2.

### **Study Skills and Time Management**

- 1.
- 2.

### **Direction and Goals**

- 1.
- 2.

### **Personal Issues**

- 1.
- 2.

## Part III:

Take some time to think about the items you have chosen for Part II. How can you go about changing these behaviors and/or situations that have caused your academic difficulty? Remember, a “behavior” is something YOU did or didn’t do; it is NOT an excuse (i.e. the class was boring; I didn’t like the instructor....).

While there may be several statements above that you would like to work on, don’t try to change everything at once. Start out by choosing ONE item from your list above that you would like to change. Phrase the item in the form of a goal that you would be able to accomplish this quarter.

### GOALS

Long Term Goal – To earn a Bachelor’s degree from UCSD

Immediate Objective – To earn grades high enough to get off probation by the end of the quarter.

What steps will you need to take achieve your immediate objective?

- 1.
- 2.
- 3.
- 4.

### STAYING FOCUSED

When I find myself discouraged I will \_\_\_\_\_.

I will check my progress toward my goals on a weekly basis by \_\_\_\_\_

\_\_\_\_\_.