Personal Academic Assessment

Student Advising Office – Comm Back on Track Program

Student Name / EID: ___________________________ Date Completed: ____________

*Please bring this completed form with you to your first meeting with your academic advisor.

Part I - Learning from the Past: Factors Contributing to Academic Difficulty

1. What course problems have made learning difficult for you?
   - Inappropriate background for a course
   - Course does not fit your academic/career goals
   - Poor high school preparation
   - Your learning style/instructor’s teaching style were incompatible
   - No tutors or other support for course
   - Course load was too heavy
   - Uncertain about your academic/career goals
   - Unrealistic choice of courses
   - Courses unavailable when you need them
   - No interest in particular course
   - Too little time available in your schedule to complete coursework
   - Other ________________________________

2. What personal issues may have interfered with your performance?
   - Inadequate financing for college
   - Physical illness or mental health issues
   - Substance abuse issues
   - Too much stress/tension/anxiety
   - Learning disability
   - Lack of motivation
   - Lack of effective time management
   - Prioritizing work and academics
   - Lack of confidence in your abilities
   - Social distractions
   - Burnout from taking classes
   - Too much stress/tension/anxiety
   - Too many commitments
   - Family issues
   - Other ________________________________
3. **What institutional factors have made learning difficult for you?**

- Adjusting to various teaching styles
- Problems with instructor
- Classes too large/too small
- Campus values differ from your own
- UT doesn’t seem interested in your needs
- Unaware of support services for students
- Poor advising
- Lack of good tutors
- Inadequate facilities for studying
- No opportunity for involvement with peers
- Few people with backgrounds or interests similar to yours
- Other _________________________________

4. **Have these approaches to studying hindered your academic progress?**

- Good intentions, but poor follow-through
- Concentration easily broken
- Spotty reading of textbooks
- Feel unprepared for classes
- Unexpected questions on tests
- Lecture notes useless for studying
- Unsure about how to study
- Uncertain about what is important
- Too little time for review
- Material quickly forgotten
- Memorization substituted for understanding
- Other _________________________________

5. **Do any of these other factors make learning difficult?**

- Enrolled in college only because you were expected to
- Off-campus activities distract you
- Life seems to be “on hold”
- Prefer job responsibilities to school work
- Negative emotions (stress, boredom) are part of college routine
- Driven by external expectations rather than internal motivation
- Low energy for completing assignments
- Unsure how college fits into your goals
- Learning is rarely fun
- Other _________________________________

*NOTES:*
Part II - Academic success isn’t an individual sport. Sometimes you need assistance and guidance from others.

1. Are there areas below with which you think you need assistance?

- Study skills
- Math skills
- Choosing a major
- Time management
- Dealing with personal issues
- Lifestyle changes
- Stress management
- Writing skills
- Overcoming test anxiety
- Test-taking skills
- Career exploration
- Dealing with chemical dependency
- Others ________________________________

2. As part of your Comm Back on Track Agreement, you may be required to visit the Sanger Learning and Career Center before the 21st class day of the semester to receive an assessment of your study skills. What kind of help do YOU think you need at this time?

3. Finally, there can be no change without a plan! What steps do you plan on taking this semester to improve your situation?

IT IS IMPORTANT TO REMEMBER:
There is going to be a period of transition once you’ve begun working toward getting “Back on Track” to academic success. Improvements are not always going to be immediately obvious. It is important to keep this in mind so that you don’t become frustrated. It is also important to work on changes slowly – taking on too many changes will only overwhelm you and lead to burnout. Working closely with your academic advisor will assist you in keeping things in perspective.