

**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?***

- |  |  |
|--|--|
| <input type="checkbox"/> Inappropriate background for a course                             | <input type="checkbox"/> Uncertain about your academic/career goals                        |
| <input type="checkbox"/> Course does not fit your academic/career goals                    | <input type="checkbox"/> Unrealistic choice of courses                                     |
| <input type="checkbox"/> Poor high school preparation                                      | <input type="checkbox"/> Courses unavailable when you need them                            |
| <input type="checkbox"/> Your learning style/instructor's teaching style were incompatible | <input type="checkbox"/> No interest in particular course                                  |
| <input type="checkbox"/> No tutors or other support for course                             | <input type="checkbox"/> Too little time available in your schedule to complete coursework |
| <input type="checkbox"/> Course load was too heavy   | <input type="checkbox"/> Other _____   |

**2. *What personal issues may have interfered with your performance?***

- |   |   |
|---|---|
| <input type="checkbox"/> Inadequate financing for college         | <input type="checkbox"/> Lack of confidence in your abilities |
| <input type="checkbox"/> Physical illness or mental health issues | <input type="checkbox"/> Social distractions                  |
| <input type="checkbox"/> Substance abuse issues                   | <input type="checkbox"/> Burnout from taking classes          |
| <input type="checkbox"/> Too much stress/tension/anxiety          | <input type="checkbox"/> Too much stress/tension/anxiety      |
| <input type="checkbox"/> Learning disability                      | <input type="checkbox"/> Too many commitments                 |
| <input type="checkbox"/> Lack of motivation                       | <input type="checkbox"/> Family issues                        |
| <input type="checkbox"/> Lack of effective time management        | <input type="checkbox"/> Other _____                          |
| <input type="checkbox"/> Prioritizing work and academics          |   |

3. *What institutional factors have made learning difficult for you?*

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

4. *Which of these study issues hindered your academic progress?*

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

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

- |  |  |
|--|--|
| <input type="checkbox"/> Enrolled in college only because you were expected to           | <input type="checkbox"/> Driven by external expectations rather than internal motivation |
| <input type="checkbox"/> Off-campus activities distract you                              | <input type="checkbox"/> Low energy for completing assignments                           |
| <input type="checkbox"/> Life seems to be "on hold"                                      | <input type="checkbox"/> Unsure how college fits into your goals                         |
| <input type="checkbox"/> Prefer job responsibilities to school work                      | <input type="checkbox"/> Learning is rarely fun  |
| <input type="checkbox"/> Negative emotions (stress, boredom) are part of college routine | <input type="checkbox"/> 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?*

- |   |   |
|---|---|
| <input type="checkbox"/> Study skills                 | <input type="checkbox"/> Writing skills                   |
| <input type="checkbox"/> Math skills                  | <input type="checkbox"/> Overcoming test anxiety          |
| <input type="checkbox"/> Choosing a major             | <input type="checkbox"/> Test-taking skills               |
| <input type="checkbox"/> Time management              | <input type="checkbox"/> Career exploration               |
| <input type="checkbox"/> Dealing with personal issues | <input type="checkbox"/> Dealing with chemical dependency |
| <input type="checkbox"/> Lifestyle changes            | <input type="checkbox"/> Others _____                     |
| <input type="checkbox"/> Stress management            | _____   |

2. *As part of your Comm Back on Track Agreement, you will be required to visit the Sanger Learning and Career Center before the 21<sup>st</sup> 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.