



## SELF-ASSESSMENT SURVEY

*Your goal is to regain academic good standing.*

In order for us to assist you, it is important that you are as honest as possible when filling out this assessment.

Name:	Date:	
Student ID:	Phone:	Email:

Students receiving academic warning or probation status often need to adjust class schedules. Please complete the chart below to assist your advisor in evaluating your current class schedule. Note: at UAS, a hold is placed on your account when you are placed on probation. You must meet with an advisor to make any schedule changes.

Previous Semester Courses	Grade	Current Semester Courses

Your thoughts on schedule changes to be made:

How many credits do you take during a typical semester?

How many hours a week do you work during a typical semester?

In what classes have you had the most difficulties? Why?

# ACADEMIC RECOVERY PROGRAM

What did you do when you didn't understand an assignment or class material?

## TIME MANAGEMENT *Do you...*

Yes No Sometimes

Keep lists prioritizing tasks to be done?

Break big assignments into manageable parts?

Use a planner or other calendar?

Have a set place to study?

Establish regular study times each day?

Shut your cell phone (or other social media) off when you study?

Use your syllabus to plan ahead for projects/assignments/tests?

Have legible handwriting you can read when reviewing notes?

## LECTURE NOTE TAKING *Do you...*

Yes No Sometimes

Take notes during lectures?

Review previous class notes before the next class meeting?

Get copies of notes from classes you miss?

Review your notes from each lecture?

Use the notes that you take in class to study for tests?

## READING *Do you...*

Yes No Sometimes

Look through a reading assignment before beginning to read?

Read textbooks word for word or strategically read chapters?

Take notes while you are reading the material?

Ask questions to yourself about the content you are reading?

Highlight main ideas in the text as you read?

Review your reading notes before the tests?

## TEST TAKING *Do you...*

Yes No Sometimes

Use specific methods for memorizing class material?

Do most of your studying the night before the test?

Have test anxiety?

Eat and sleep well before the test?

Reread test questions before answering?

Use the entire time you are allowed to take the test?

Read through the entire test before turning it in?

Review graded tests to determine what you missed?

# ACADEMIC RECOVERY PROGRAM

## MOTIVATION

Yes No Sometimes

Are you satisfied with the major you've selected?

Was attending the University of Alaska Southeast your idea?

Do you use Facebook or other social media on a daily basis?

What is your dream job?

## WELLNESS

Yes No Sometimes

I make an effort to get adequate sleep as often as possible.

I make healthy choices in my diet.

I have a support network I rely on when times are tough.

I get regular physical activity (exercise).

Overall, I feel healthy.

## LIVING AND WORKING ARRANGEMENTS

Yes No Sometimes

My living environment makes studying difficult.

My work responsibilities interfere with school.

Because of work and school, I have very little time to study.

My social life or family responsibilities take up my study time.

Explain any details:

How will the demands on your time be different this semester?

## GOAL SETTING AND EXPECTATIONS

Yes No Sometimes

I find my school work interesting.

I am satisfied with just passing my classes.

I am frustrated that I cannot make "A's" in college.

My college grades are much lower than my high school grades.

While taking exams, I feel a high level of anxiety.

Explain any details:

Regarding your studies and academic progress, are there any circumstances or problems you are facing that we have not asked about?

What changes are you willing to make this semester and how will you make those changes?

**THANK YOU FOR COMPLETING THIS SELF-ASSESSMENT**