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**Academic Performance Self-Assessment**

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| --- | --- | --- |
| Name: Click here to enter text. | Banner ID: Click here to enter text. | Cell Phone: Click here to enter text. |
| Possible Major(s), Minor(s), career interests: Click here to enter text. |
| Campus Involvement (clubs/orgs, Greek Life, Learning Communities etc.): | Click here to enter text. |

Please answer the following self-assessment as honestly as possible. The information gathered will be used to guide our possible work together throughout the semester. **Please place an “X” next to any statement that you believe is true for you during the Fall 2016 semester (mark all that apply).**

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| --- |
| **Academic:** |
|[ ]  Always attended class (lectures and labs) |
|[ ]  Professors teaching style matched with my learning style |
|[ ]  Aware of the deadlines for dropping classes |
|[ ]  Understood course requirements and grading system for all classes |
|[ ]  Felt well-prepared for exams |
|[ ]  Managed my time well (balanced work, studying, friends, family, etc.) |
|[ ]  Sought academic support (tutoring, writing, supplemental instruction) |
|[ ]  Was prepared for the rigor of my classes |
|[ ]  Spent enough time studying/preparing for class |
|[ ]  Stayed on task (avoiding procrastination) |
|[ ]  Regularly communicated with my professors |
|[ ]  Had realistic academic goals |
|[ ]  Got enough sleep regularly |
|[ ]  Able to concentrate  |
|[ ]  Comprehended what I was reading |
|[ ]  Grasped the concepts of my math class |
|[ ]  Had effective approach for writing research papers or essays |
|[ ]  Effectively managed anxiety/nervousness before tests |
|[ ]  Had effective note-taking system |
|[ ]  Routinely had access to a quiet place to study |
|[ ]  Had motivation throughout the semester |
|  |  |
| **Social /Personal Adjustment :** |
|[ ]  Emotional issues affected my studies |
|[ ]  SLU is the place for me |
|[ ]  Familiar with where to go for help |
|[ ]  Limited my time on social media/gaming |
|[ ]  Still determining where I fit in at SLU |
|[ ]  Health Issues affected my studies |
|[ ]  I overcame my feelings of homesickness |
|[ ]  Family issues affected my studies |
|[ ]  Studying took priority over my social life  |
|[ ]  Studying took priority over work obligations |
|[ ]  Studying took priority over student involvement/leadership obligations |
|[ ]  I had enough time on campus to utilize resources |
|  |
| **Major/Career Related:** |
|[ ]  Was stressed by being a deciding student |
|[ ]  Had an opportunity to declare, but did not |
|[ ]  Was not able to get in the classes I wanted |
|[ ]  Was interested in all my classes |
|[ ]  Met regularly and communicated regularly with my academic advisor |

(continued on next page)

Now, explain in detail the **three (3) most significant obstacles** that affected your academic performance.

|  |  |  |
| --- | --- | --- |
| Obstacle | Explain how each obstacle impacts your success (Be specific, provide examples) | How can you eliminate that obstacle? (Be specific, provide concrete action steps) |
| 1. Click here to enter text. | Click here to enter text. | Click here to enter text. |
| 2. Click here to enter text. | Click here to enter text. | Click here to enter text. |
| 3. Click here to enter text. | Click here to enter text. | Click here to enter text. |

Please review the statements on page 1 under “Academic” to answer the following questions.

1. Select one statement under “Academic” on page 1 that **you indicated to be true** for you during Spring 2016. In the space below, reflect on how that action/behavior contributed to your overall success. What steps did you take to ensure that you were successful in the area you selected?

Click here to enter text.

1. Select one statement under “Academic” on page 1 that **you did not indicate to be true** for you during Spring 2016. In the space below, reflect on how you will work to improve in that area next semester. What steps will you take? How will you hold yourself accountable? What changes will you make in order to improve in that area?

 Click here to enter text.