



Self-Assessment Worksheet

Please take time to reflect on the questions below. During your meeting, you and your advisor will discuss the answers to the following.

Name _____ ID number _____

CHALLENGES —In your own words, please describe the factors that contributed to your academic difficulties.

STRENGTHS —In spite of difficulties, I am proud of the following (include both academic successes and personal successes over the past few months.)

RESOURCES —The following people or resources can provide me support as I move forward.

Please check the following areas that have been challenging recently

STUDY SKILLS

- _____ Concentration easily broken
- _____ Difficult classes
- _____ Difficulty managing time
- _____ Too heavy of a course load
- _____ Unable to understand course material
- _____ Unsure how to study
- _____ Other: _____

MAJOR/CAREER-RELATED ISSUES

- _____ Difficulty with courses in my major
- _____ Uncertain of academic/career goals
- _____ Unsure of interests, skills, and abilities
- _____ Unsure of major choice
- _____ Other: _____

FAMILY/SOCIAL RELATED ISSUES

- _____ Adjustment to U of M and/or USA
- _____ Connection with other students
- _____ Home or family problems
- _____ Housing/roommate issues
- _____ Separation from friends, family, home
- _____ Other: _____

PERSONAL ISSUES

- _____ Balancing school, work, and/or family
- _____ Financial difficulties
- _____ Illness, health problems
- _____ Stress and/or anxiety
- _____ Social distractions
- _____ Substance abuse
- _____ Sadness or loneliness
- _____ Other: _____

PERSONAL EVALUATION

However great our difficulties, there is always some degree of control that we have over the outcomes. Below is a place to sort out those items that are out of your control and those things you could have done differently over the past semester.

OUTSIDE MY CONTROL

COULD HAVE DONE DIFFERENTLY

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My ideas for improving my academic performance next semester, including changes I have already made:

PLEASE RESERVE THE SPACE BELOW TO WORK WITH YOUR ADVISOR TO DEVELOP YOUR ACTION PLAN FOR SUCCESS.

GOAL SETTING AND ACTION PLAN FOR SUCCESS

Please list at least three goals you have identified to help you succeed this semester.

GOAL 1: _____

Action Steps _____

GOAL 2: _____

Action Steps _____

GOAL 3: _____

Action Steps _____
