University of Central Arkansas Student Self-Assessment

Date:	
Name	:email:
	ID number: B
	r to improve your academic status, please take some time to answer the following questions as honestly and tely as possible. You should also bring the completed form with you when you meet with a Success Coach mester.
1.	Why are you attending college? (Identify all reasons you have.)
2.	What are some of your short term goals? (Improving a grade in a specific class? Improving your study skills? Attending class more regularly? List as many as you can. Be honest!)
3.	What long term goals have you set for yourself in regards to your education?

4. What areas or activities have impacted your experience at UCA and academic performance?

CHECK ALL difficulties you experience.

Class attendance

Amount of time studying

Exam preparation

Daily class preparation

Relationship with professor(s)

Manageable class load (# of

hours)

Changed major

Motivation

Setting priorities

Family obligations

Financial stresses

Sleeping pattern

Frustrated with my

performance

Connecting with friends/peers

Interpersonal violence

Take notes in class

Purchase books and all class

materials

Difficulty level of course(s)

Completion of tests

Completion of class readings

Clarity of career goals

Organization skills

Personal problems/issues

Time management skills

Roommate relationship

Balancing work/classes

Effort towards class

Adequate sleep

Use of drugs/alcohol

Completion of assignments

Never had to study in high school

Classroom climate

Confidence about major

Purpose in college

Stress or anxiety

Boredom

Online distractions

Involvement level on campus

Amount of time working

Homesick or lonely

Health issues

Other: __

CHECK the **TOP 3 difficulties** for you.

Class attendance

Amount of time studying

Exam preparation

Daily class preparation

Relationship with professor(s)

Manageable class load (# of

hours)

Changed major

Motivation

Setting priorities

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Financial stresses

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Homesick or lonely

Health issues

Other: _____

HECK areas where you perform w	vell.	
Class attendance Amount of time studying Exam preparation Daily class preparation Relationship with professor(s) Manageable class load (# of hours) Motivation Setting priorities Balancing Family obligations Finances Connecting with friends/peers	Take notes in class Purchase books and all class materials Difficulty level of course(s) Completion of tests Completion of class readings Clarity of career goals Organization skills Time management skills Roommate relationship Balancing work/classes Adequate sleep Effort towards class	Completion of assignments Classroom climate Confidence about major Purpose in college Managing Stress or anxiety Limiting Online distractions Involvement level on campus Amount of time working Staying healthy Other:
What campus resources have you performance? (List all that apply.)	• • •	our academic
Action Plan. To be completed wh	en meeting with your Success	Coach.
1.		
2.		
2		
3.		
Student Signature	Success Coach Signatur	·e
Date	Date	