

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

CHECK ALL difficulties you experience.

<p>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</p>	<p>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 Adequate sleep Effort towards class</p>	<p>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: _____</p>
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CHECK the TOP 3 difficulties for you.

<p>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</p>	<p>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 Adequate sleep Effort towards class</p>	<p>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: _____</p>
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CHECK areas where you perform well.

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:

5. What campus resources have you used so far to try to improve your academic performance? (List all that apply.)

Action Plan. To be completed when meeting with your Success Coach.

1.

2.

3.

Student Signature

Success Coach Signature

Date

Date

