## University of Central Arkansas Student Self-Assessment

Date:	
Name:	
UCA email:	
UCA ID number: B	

In order to improve your academic status, please take some time to answer the following questions as honestly and completely as possible. You should also bring the completed form with you when you meet with a Success Coach this semester.

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?

Class attendance	Interpersonal violence	Use of drugs/alcohol
Amount of time studying	Take notes in class	Completion of assignments
Exam preparation	Purchase books and all class	Never had to study in high school
Daily class preparation	materials	Classroom climate
Relationship with professor(s)	Difficulty level of course(s)	Confidence about major
Manageable class load (# of	Completion of tests	Purpose in college
hours)	Completion of class readings	Stress or anxiety
Changed major	Clarity of career goals	Boredom
Motivation	Organization skills	Online distractions
Setting priorities	Personal problems/issues	Involvement level on campus
Family obligations	Time management skills	Amount of time working
Financial stresses	Roommate relationship	Homesick or lonely
Sleeping pattern	Balancing work/classes	Health issues
Frustrated with my	Adequate sleep	Other:
performance	Effort towards class	
Connecting with friends/peers		

## CHECK ALL difficulties you experience.

## CHECK the TOP 3 difficulties for you.

Class attendance Interpersonal violence Amount of time studying Take notes in class Exam preparation Purchase books and all class Daily class preparation materials Relationship with professor(s) Difficulty level of course(s) Manageable class load (# of Completion of tests Completion of class readings hours) Changed major Clarity of career goals Motivation Organization skills Setting priorities Personal problems/issues Family obligations Time management skills Financial stresses Roommate relationship Sleeping pattern Balancing work/classes Frustrated with my Adequate sleep performance Effort towards class Connecting with friends/peers

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 areas where you perform well.

Class attendance	Take notes in class
Amount of time studying	Purchase books and all class
Exam preparation	materials
Daily class preparation	Difficulty level of course(s)
Relationship with professor(s)	Completion of tests
Manageable class load (# of	Completion of class readings
hours)	Clarity of career goals
Motivation	Organization skills
Setting priorities	Time management skills
Balancing Family obligations	Roommate relationship
Finances	Balancing work/classes
Connecting with friends/peers	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:

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

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

1.

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2.

3.

Student Signature

Success Coach Signature

Date