

## Academic Self-Evaluation

Name: \_\_\_\_\_

Current GPA: \_\_\_\_\_

Deficit Points Accumulated: \_\_\_\_\_

### 1. General preparation and readiness:

Y <input type="checkbox"/>	N <input type="checkbox"/>	I know how to follow a syllabus.
Y <input type="checkbox"/>	N <input type="checkbox"/>	I set aside specific time each day to study.
Y <input type="checkbox"/>	N <input type="checkbox"/>	I have a specific location where I study that works for me.
Y <input type="checkbox"/>	N <input type="checkbox"/>	I review the summary and study questions before reading the text.
Y <input type="checkbox"/>	N <input type="checkbox"/>	I talk with my professor/TA when I don't understand material.
Y <input type="checkbox"/>	N <input type="checkbox"/>	I review my notes after class.
Y <input type="checkbox"/>	N <input type="checkbox"/>	I look for main ideas when I am reading textbooks.

### 2. Factors that affected my academic performance last semester:

<input type="checkbox"/> Poor health	<input type="checkbox"/> Family pressure to pursue a certain major
<input type="checkbox"/> Financial problems	<input type="checkbox"/> Distracted by friends and family
<input type="checkbox"/> Too many outside commitments	<input type="checkbox"/> Learning style didn't match teaching style
<input type="checkbox"/> Lack of confidence in my abilities	<input type="checkbox"/> Lack of motivation
<input type="checkbox"/> Courses were too difficult	<input type="checkbox"/> Lack of a support system at UD
<input type="checkbox"/> Unsure why I'm in college	<input type="checkbox"/> Not sure I am in the right major
<input type="checkbox"/> Poor class attendance	<input type="checkbox"/> Don't have established academic goals
<input type="checkbox"/> Overwhelmed by stress	Other:

### 3. I used the following UD Resources/Services and found them helpful:

<input type="checkbox"/> Academic Advisor	<input type="checkbox"/> Center for Counseling and Student Dev.
<input type="checkbox"/> Office of Academic Enrichment (intake)	<input type="checkbox"/> Career Services Center
<input type="checkbox"/> Tutoring (Group, Individual, Drop-In)	<input type="checkbox"/> Professors/TA (Office Hours, etc.)
<input type="checkbox"/> Math Lab (Kent 103) / Math Pass Sessions	<input type="checkbox"/> Completed a SkilMod course (i.e. UNIV113)
<input type="checkbox"/> Writing Center (Memorial 106)	<input type="checkbox"/> OAE/UST Workshop (in person or online)
<input type="checkbox"/> Science Learning Center (ISE 314)	Other:

### 4. I think the things that would help me improve my performance most are:

<input type="checkbox"/> Reducing my course load (taking fewer classes)
<input type="checkbox"/> Selecting courses that are better for my skill set
<input type="checkbox"/> Allowing myself more time outside of class to complete assignments
<input type="checkbox"/> Reviewing my syllabus to better understand the expectations of my classes
<input type="checkbox"/> Connecting with my Academic Advisor more often
<input type="checkbox"/> Monitoring my progress throughout the semester by checking my grades regularly

**5. Major:**

<input type="checkbox"/> I want to stay in my current major.
<input type="checkbox"/> I am want to change my major to _____
<input type="checkbox"/> I am thinking about changing my major but I undecided about what major I want to pursue.

**During my college career I have been most successful in the following classes:**


**During my college career I have had a lot of difficulty in the following classes:**


**After answering question #5, I am \_\_\_\_\_ that I'm pursuing a major that is appropriate for my skillset.**

<input type="checkbox"/> Extremely confident	<input type="checkbox"/> Not very confident
<input type="checkbox"/> Confident	<input type="checkbox"/> Rethinking my major

**6. I would feel more prepared academically this semester if I:**

<input type="checkbox"/> Complete all class assignments	<input type="checkbox"/> Complete practice problems before exams
<input type="checkbox"/> Complete the readings before class	<input type="checkbox"/> Contribute to class discussions more often
<input type="checkbox"/> Attend classes more often	<input type="checkbox"/> Use a planner to organize my time
<input type="checkbox"/> Concentrate better during class	Other:
<input type="checkbox"/> Learn how to study for tests	Other:

**I plan to do these specific things to improve my academic performance this semester:**

1.
2.
3.
4.
5.

**The GPA I need this semester to reach my academic goals is: \_\_\_\_\_.**