Academic Self-Evaluation

Name: ____________________________________

Current GPA: __________ Deficit Points Accumulated: __________

1. General preparation and readiness:

☐ N☐ I know how to follow a syllabus.

☐ N☐ I set aside specific time each day to study.

☐ N☐ I have a specific location where I study that works for me.

☐ N☐ I review the summary and study questions before reading the text.

☐ N☐ I talk with my professor/TA when I don’t understand material.

☐ N☐ I review my notes after class.

☐ N☐ I look for main ideas when I am reading textbooks.

2. Factors that affected my academic performance last semester:

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

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

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

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

☐ Reducing my course load (taking fewer classes)
☐ Selecting courses that are better for my skill set
☐ Allowing myself more time outside of class to complete assignments
☐ Reviewing my syllabus to better understand the expectations of my classes
☐ Connecting with my Academic Advisor more often
☐ Monitoring my progress throughout the semester by checking my grades regularly
5. Major:

- I want to stay in my current major.
- I am want to change my major to ________________________
- 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.

- Extremely confident
- Not very confident
- Confident
- Rethinking my major

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

- Complete all class assignments
- Complete practice problems before exams
- Complete the readings before class
- Contribute to class discussions more often
- Attend classes more often
- Use a planner to organize my time
- Concentrate better during class
- 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: __________.