UST Academic Self-Evaluation

Name: ____________________________________

Current GPA: ________ Deficit Points Accumulated: ________

1. General preparation and readiness:

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<table>
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<tbody>
<tr>
<td>Y ☐ N ☐</td>
<td>I know how to follow a syllabus.</td>
<td></td>
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<tr>
<td>Y ☐ N ☐</td>
<td>I set aside specific time each day to study.</td>
<td></td>
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<tr>
<td>Y ☐ N ☐</td>
<td>I have a specific location where I study that works for me.</td>
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<tr>
<td>Y ☐ N ☐</td>
<td>I review the summary and study questions before reading the text.</td>
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<tr>
<td>Y ☐ N ☐</td>
<td>I talk with my professor/TA when I don’t understand material.</td>
<td></td>
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<tr>
<td>Y ☐ N ☐</td>
<td>I review my notes after class.</td>
<td></td>
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<tr>
<td>Y ☐ N ☐</td>
<td>I look for main ideas when I am reading textbooks.</td>
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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
- Still have no idea about my major
- Don’t have established academic goals
- Other:

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

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

- OVER -
5. Intended Major:

- I have decided on the following major: ________________________________
- I am undecided between ________________________ and _____________________
- I am completely undecided about my major.

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

<table>
<thead>
<tr>
<th>Class 1</th>
<th>Class 2</th>
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During my college career I have had a lot of difficulty in the following classes:

<table>
<thead>
<tr>
<th>Class 1</th>
<th>Class 2</th>
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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 intended major

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

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

Reminder: Please schedule a meeting with your UST advisor to discuss your academic plans going forward. Have a productive semester!