

UST 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"/> Still have no idea about my 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"/> UST 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) | <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. Intended Major:

| |
|---|
| <input type="checkbox"/> I have decided on the following major: _____ |
| <input type="checkbox"/> I am undecided between _____ and _____ |
| <input type="checkbox"/> I am completely undecided about my major. |

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 intended 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: _____.

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