

# ACADEMIC SUCCESS WORKSHOP

## STUDENT SELF-INVENTORY FORM

Please take some time to read the statements below and see how they pertain to you. Bring the completed form with you when meeting with your designated Academy advisor. Remember that academic progress is the result of multiple factors. Your success depends both on your ability to identify those factors/causes that are instrumental in your ability to perform and are in need of help & improvement, and on your willingness to improve. Knowing yourself is an integral part of success. We are here to support you in your quest.

### Time Management

(check all that apply)

1. I have trouble managing my time for everything in my life \_\_\_\_\_
2. I have trouble being on time for classes \_\_\_\_\_
3. I work Full-time, Part-Time (circle one) \_\_\_\_\_
4. I have family responsibilities \_\_\_\_\_
5. Other time issue/conflict \_\_\_\_\_

### Motivation

1. I am here only because of family /job/ other pressures (circle one) \_\_\_\_\_
2. I'm feeling out of place in school \_\_\_\_\_
3. I don't know what I want to major in \_\_\_\_\_
4. I don't like my major \_\_\_\_\_
5. I am not sure about my career goals \_\_\_\_\_

### Academic Skills

1. I am not sure what my professors expect from me \_\_\_\_\_
2. I have trouble focusing in class \_\_\_\_\_
3. I find it hard to take notes or understand them later \_\_\_\_\_
4. I have difficulty doing all the reading for my courses \_\_\_\_\_
5. I have trouble doing research for reports/papers \_\_\_\_\_
6. I don't complete all my assignments \_\_\_\_\_

### Communication/Networking

1. I don't know all my professors' names \_\_\_\_\_
2. I don't know anyone in my classes (or on campus) \_\_\_\_\_
3. I don't know what to do when I miss a class (to get notes, etc.) \_\_\_\_\_
4. I don't participate in class \_\_\_\_\_
5. I don't participate in campus activities \_\_\_\_\_

**Test Taking Skills**

- 1. I study mostly (cram) before exams \_\_\_\_\_
- 2. My mind goes blank just before a test \_\_\_\_\_
- 3. I panic when I take exams \_\_\_\_\_
- 4. I get distracted during tests \_\_\_\_\_
- 5. I am the first one out during a test \_\_\_\_\_

**Personal Hardship**

- 1. I am going through difficult times at home , work, in my personal life \_\_\_\_\_
- 2. I have a learning or physical disability that interferes with my ability to perform \_\_\_\_\_
- 3. I have difficulty paying for my tuition/books \_\_\_\_\_

**Remember to review this form with your academic advisor or counselor. It will make it easier for them to guide you and refer you to campus resources most appropriate for your situation.**