You are on contract because you have not met CLA’s academic standards. We hope that this assessment form will help you to focus on your own personal situation and to consider actions that will help you succeed.

I. Study Skills – Read the following statements carefully. On the scale below identify the frequency in which you engage in the stated behavior.

1. I have the next class’s reading assignment completed before that class.
   a) Always  b) Often  c) Sometimes  d) Never

2. I normally wait until a test or exam is scheduled before reading textbooks or reviewing lecture notes.
   a) Always  b) Often  c) Sometimes  d) Never

3. My lecture notes seem to be incomplete and aren’t helpful when I look back at them.
   a) Always  b) Often  c) Sometimes  d) Never

4. When I have difficulty understanding a concept in class, or preparing for a quiz or test, I speak to the professor or the TA.
   a) Always  b) Often  c) Sometimes  d) Never

5. I set aside adequate time at least every other day for studying (i.e., reading for class, lab assignments, etc.) purposes.
   a) Always  b) Often  c) Sometimes  d) Never

6. I have used resources such as Study Skills workshops, Learning Resource Centers, and/or tutor labs.
   a) Always  b) Often  c) Sometimes  d) Never

7. Based on the answers you gave to the questions above, what skills do you need to focus on during the rest of the semester to ensure that you will be successful?
   ______________________________________

8. List one resource on campus that will aid in your success this semester ______________________

II. Time Management

1. How much time do you spend each week on:
   ______ Studying (during the week) – studying includes reading for class, lab assignments, homework assignments, etc.
   ______ Studying (during the weekend)
   ______ Working at a paid job
   ______ Other commitments: describe__________________________________________

2. Have you had trouble finding enough time for studying so far this semester?  ____Yes  ____No
   • If yes, how will you change your time commitments to allow for more study time?
     _______________________________________________________________________

III. Attendance

1. Are you attending class regularly?  ____Yes  ____No
   • If not, why not?  __________________________________________________________
   • Is this affecting your ability to do well in this course?  ________________________
2. Indicate below how many classes you have missed in each of your courses this semester. In the last column list the courses with attendance policies.

<table>
<thead>
<tr>
<th>Course</th>
<th># of classes missed</th>
<th>attendance policy</th>
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<tbody>
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4. What have you done to make up for missed coursework?
   _____ Copied other students’ notes/materials
   _____ Consulted with the professor
   _____ Nothing
   _____ Other (please specify) ________________________________

IV. Health and Personal Concerns
1. How many days of class have you missed due to illness or personal concerns? ____________
2. List any steps you have taken or are taking to resolve these issues.
_________________________________________________________________________________

V. Living Arrangements
1. Are your living arrangements a help or a hindrance to your academic success? ____________
2. How are your living arrangements a help or a hindrance to your academic success?
_________________________________________________________________________________
3. If your living arrangements are a hindrance to your academic success, what steps are you taking to rectify the situation? ________________________________________________________________________

VI. Area of study
1. Please read each of the following statements and check any that is true of you. If there are blanks for any of the statements you check, please complete them.
   _____ I have definitely decided on the following major: _____________________
   _____ I am undecided between two or more majors. ____________ or _____________
   _____ I am totally undecided about what major I should choose.

2. Throughout your academic career, in which courses have you been most successful?
   2a. Do these courses apply to your area of study? _____ Yes _____ No
3. Throughout you academic career, in which courses have you been unsuccessful?
   3a. Do these courses apply to your area of study? _____ Yes _____ No
4. After completing the above section on “Area of Study,” how confident are you about doing well in the major you’ve chosen (where 5 is “extremely confident” and 1 is “not at all confident”)?

5 4 3 2 1

VII. Semester Progress

Please complete the following grid with the information you have regarding your classes this semester.

<table>
<thead>
<tr>
<th>Course Name</th>
<th># of Tests taken so far</th>
<th>Grades in each test</th>
<th># of Papers and/or Assignments</th>
<th>Grades in each Paper or Assignment</th>
<th>Estimated grade in Course</th>
<th>Do you enjoy this course?</th>
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VIII. Comments:

Please take a moment to look over the answers that you’ve provided on this self-assessment sheet. In a paragraph, describe 2-3 behaviors/mindframe changes (e.g., study habits, class attendance, goal-setting, etc.) that are contributing to your success this semester and that are different from when you were at the University a semester or year ago.