

Name: _____
ID #: _____

University of Minnesota
Martin Luther King Jr. Program
Academic Self-Assessment

You are on probation because you have not met CLA's academic standards. We hope that this assessment form will help you to focus on you own personal situation and to consider actions that will help you succeed. **This form must be completed before you can meet with an advisor to have a probation hold released.**

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 prepare me adequately for quizzes, tests and exams.
a)Always b)Often c)Sometimes d)Never
4. I have difficulty preparing for quizzes or tests because I have trouble predicting what will be on them.
a)Always b)Often c)Sometimes d)Never
5. I generally depend on last minute cramming to do well on quizzes or tests.
a)Always b)Often c)Sometimes d)Never
6. I have used resources such as Study Skills workshops, Instructors, or TA's.
a)Always b)Often c)Sometimes d)Never
7. Based on your responses to the above statements, list the skills that you think you need to improve upon in order to have a more successful semester.

II. Time Management

1. How much time (did) do you spend each week on:

Fall _____	Spring _____
_____ Studying (Monday through Friday)	_____ Studying (Monday through Friday)
_____ Studying (Saturday and Sunday)	_____ Studying (Saturday and Sunday)
_____ Working at a paid job	_____ Working at a paid job
_____ Other commitments: describe _____	_____ Other commitments: describe _____

2. Did you have trouble finding enough time for studying in the previous semester? ____ Yes ____ No
- If yes, how have you changed your time commitments this spring to allow for more study time?

4. After completing the above section on “Area of Study,” how confident are you about doing well in the major you’ve chosen? (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.

Course Name	# of Tests taken so far	Grades in each test	# of Papers and/or Assignments	Grades in each paper/assignment	Estimated grade in Course

VIII. Comments:

1. Having completed this self-assessment, list 3-4 behaviors that you have begun to do or that you have changed, which will increase the likelihood of a successful academic semester.

2. What courses are you planning on taking next semester?

course registration number # of credits fulfills what requirement?

3. Any additional comments or concerns.