

Please complete the following Academic Probation Self-Assessment :

Work:
Organizations:
Family:
Other:

Current Cumulative GPA: _____
Current Semester Credits: _____

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Work:
Organizations:
Family:
Other:

Please list courses from previous semester and provide information about each course under the designated category:

Course Name	Difficulty: 1(least) – 5(most)	Hours studied/ week	Grade
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1:

Academic

	Ineffective study skills (unprepared for exams, note taking, test anxiety, challenging text reading)
	Undeveloped time management skills
	What worked in high school doesn't work anymore
	Difficult classes/not prepared for course level
	Unable to understand course content relevance
	Unable to understand professor
	Conflict with professor
	Incompatible learning style with teaching style
	Hard to concentrate/daydreaming
	Registered for too many classes
	Did not attend/skipped class
	Lack of motivation

Please determine and explain in detail the top three obstacles that affected your academic performance.

1)
2)
3)

Identify three strengths that you have as a student.

1)
2)
3)

Having identified your most significant obstacles and your strengths as a student, describe what specific actions you will take next semester to return yourself to good academic standing.

Action V R U R D O V
1)
2)
3)

Please print a copy of this self – assessment and bring it with you to your scheduled advising appointment.

Thank you for your time and reflection!