

## **Academic Self-Assessment Form**

Name: \_\_\_\_\_

WKU ID: \_\_\_\_\_

Major: \_\_\_\_\_

Date: \_\_\_\_\_

Calculated/Estimated GPA at this date: \_\_\_\_\_

GPA Required for Major: \_\_\_\_\_

Follow Up Meeting: \_\_\_\_\_

Fall Advising Meeting: \_\_\_\_\_

*Current Class Schedule:*

*In reviewing your academic performance, what obstacles have impacted your grades? ☒ Check ALL that apply and Circle the top 3 obstacles that have impacted your academic performance/progress.*

### **Academic**

- ☐ Ineffective study skills/unprepared for exams
- ☐ 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
- ☐ Hard to concentrate/daydreaming
- ☐ Registered for too many credits
- ☐ Did not attend or skipped classes

### **Personal/Other**

- ☐ Financial difficulties
- ☐ Health problems
- ☐ Hard to get out of bed in the morning
- ☐ Use or abuse of alcohol or other substances
- ☐ Possible learning disability
- ☐ Difficulty sleeping at night
- ☐ Pressure, stress, anxiety or tension
- ☐ Over-involved with extra-curricular activities
- ☐ Lack of motivation

### **Family/Social Adjustment**

- ☐ Working too much (# of Hours/Week \_\_\_\_)
- ☐ Roommate or Relationship Issues
- ☐ Personal/family situation
- ☐ Homesick
- ☐ Difficulty adjusting to college life
- ☐ Hard to make friends/loneliness

### **Major/Career**

- ☐ Uncertain about major
- ☐ Changed major one or more times
- ☐ No clear career goals
- ☐ Not sure why I'm in school
- ☐ WKU may not be the place for me

### **Other Factors Not Listed Above:**

- ☐ \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



Now, explain in detail the three most significant obstacles (circled on the front side) that impacted your academic performance until this point.

<b>Obstacle</b>	<b>How does this impact you?</b>	<b>How can you eliminate this obstacle?</b>
1.		
2.		
3.		

Create 3 **SMART** Goals.

SMART goals are Specific, Measurable, Achievable, Realistic, and have a Timeline

<b>Goal</b>	<b>Action Plan</b>	<b>Available Resources</b>
1.		
2.		
3.		