Complete this assessment and be prepared to discuss these topics with your academic advisor. The goals of the meeting with your advisor include:

- Evaluating current class schedule and making changes as needed,
- Identifying obstacles from the previous semester that impacted your academic success,
- Building a strong relationship between you and your academic advisor.

How many hours a week do you spend working: _________
How many hours a week do you spend participating in a clubs or organizations on campus: _________
Have you used any campus resources to cope with your academic difficulty? If yes, list which ones:

Generally describe your study habits (location, times of day, no. of hours, etc.)

In reviewing your academic performance, what obstacles have impacted your grades? [ ] Check all that apply (that you are comfortable discussing with your advisor) and [ ] circle the top 2 obstacles that have impacted your academic 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
- Unable to understand professor / conflict with professor

**Personal**
- Working too many hours
- Lack of motivation
- Over-involved with extra-curricular activities
- Stress, anxiety or tension
- Health problems
- Financial problems
- Extenuating circumstances

**Major/Career**
- Changed Major one or more times
- Uncertain about major
- No clear career goals

**Family/Social Adjustment**
- Hard to make friends/connections on campus
- Roommate or Relationship issues
- Family situation/lack of family support

**Other**
- please explain________________________________________
Now, explain in detail the two most significant obstacles that affected your academic performance.

<table>
<thead>
<tr>
<th>Obstacle</th>
<th>Explain each obstacle’s impact on your success.</th>
<th>How can you eliminate that obstacle?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
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<tr>
<td>2.</td>
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</tbody>
</table>

**Plan of Action**

Think about a plan of action for re-focusing. Include meetings with your advisor & instructors, tutoring, and other resources. Discuss this plan with your advisor who can offer additional ideas.

<table>
<thead>
<tr>
<th>GOAL</th>
<th>ACTION PLAN (dates, follow-up meetings, etc.)</th>
<th>AVAILABLE RESOURCES (tutoring, professors office hours)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
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<td>2.</td>
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<td>3.</td>
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</tbody>
</table>

Student Initials __________  Advisor Initials _________  Date ______________