

IU Southeast Academic Advising

Probation Self-Assessment

Name: _____ Student ID: _____ GPA: _____

Current Semester: _____ Major: _____ Current Enrollment Hours: _____

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.

<p><u>Academic</u></p> <p>_____ Ineffective study skills/unprepared for exams</p> <p>_____ Undeveloped time management skills</p> <p>_____ What worked in high school doesn't work anymore</p> <p>_____ Difficult classes/not prepared for course level</p> <p>_____ Unable to understand course content</p> <p>_____ Unable to understand professor/ conflict with professor</p>	<p><u>Personal</u></p> <p>_____ Working too many hours</p> <p>_____ Lack of motivation</p> <p>_____ Over-involved with extra-curricular activities</p> <p>_____ Stress, anxiety or tension</p> <p>_____ Health problems</p> <p>_____ Financial problems</p> <p>_____ Extenuating circumstances</p>
<p><u>Major/Career</u></p> <p>_____ Changed Major one or more times</p> <p>_____ Uncertain about major</p> <p>_____ No clear career goals</p>	<p><u>Family/Social Adjustment</u></p> <p>_____ Hard to make friends/connections on campus</p> <p>_____ Roommate or Relationship issues</p> <p>_____ Family situation/lack of family support</p>
<p><u>Other</u></p> <p>_____ please explain _____</p>	

Now, explain in detail the two most significant obstacles that affected your academic performance.

Obstacle	Explain each obstacle's impact on your success.	How can you eliminate that obstacle?
1.		
2.		

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.

	GOAL	ACTION PLAN (dates, follow-up meetings, etc.)	AVAILABLE RESOURCES (tutoring, professors office hours)
1.			
2.			
3.			

Student Initials _____

Advisor Initials _____

Date _____