



College Success Assessment

Name: _____

Student Number: _____

Overall GPA: _____

Last Semester GPA: _____

My Academic Advisor is: _____

Getting back on track academically means evaluating how you got off track in the first place. Understanding your mistakes can help you and your mentor set goals, focus on new skills and find different methods to help you succeed. By taking a few minutes to answer the following questions, you and your mentor will have some great information to help you get started.

Change begins now.

I. Personal Factors that are affecting my academic performance:

- Poor health
- Not sleeping/eating
- Drug/alcohol issues
- Family pressures
- Financial problems
- Easily distracted by friends
- Too many commitments
- Change in relationship with someone special to me
- Lack of confidence in abilities
- Loneliness
- Other:

II. Resources that I have used in the past:

- My advisor
- Academic Resource Center
- Disability Services
- Tutoring
- Writing Center/Math Tutoring
- Library/quiet place to study
- Study groups/partners
- Talking with my professor
- A counselor or other professional on campus
- Career Services
- Library staff for help on research
- Financial Aid Office
- Other:

III. Areas that may help me bring out my best performance:

- Lighten my course load
- Use better time management
- Choose a different major
- Choose different courses more appropriate for my interests and background
- Select a new advisor
- Learn better study skills
- Getting more involved on campus
- Seek counseling
- Find a new group of friends to hang out with
- Other:

IV. Areas where I need to improve:

- Go to class consistently
- Go to class prepared
- Complete homework assignments
- Take notes and participate in class
- Concentrating in class
- Complete my reading
- Using a daily planner
- Testing anxiety
- My motivation
- Other:

V. Factors that have a negative influence on my education at Western:

- I don't know why I'm in college
- I only want to take classes that interest me
- I don't feel motivated to do my work
- I don't have a clear, long-term goal for life
- I don't really like school
- I don't know anyone or feel like I have friends here
- I have a lot of stress I don't know how to control
- Other:

Hopefully this helped you identify a few areas that have affected your academic performance. Bring this with you to the first meeting with your mentor so you can discuss the results.