

## Self-Assessment Guide

Below are a series of statements designed to assist you in understanding what specific areas are contributing to your current academic status. Each section has a list of action steps that may provide you with solutions. If you need further assistance, please contact the Academic Resource Center (ARC) for a private appointment.

### Academic Advising

- I have experienced health problems or have been hospitalized and have not been able to attend my classes
- My work hours have contributed to my poor academic standing
- I registered for too many classes and became overwhelmed
- I have a personal conflict with my professor or my professor's teaching style
- I missed the deadline to withdraw from classes and my CQPA is negatively affected
- I have poor technology/computer skills
- I often skip classes
- I do not know where to go for assistance

### Action Steps

- I will periodically meet with my advisor to ensure I am on the right graduation track
- I will contact my advisor if I am experiencing any situation with my academic performance
- I will consider decreasing my credit hours next semester
- I will limit my extracurricular activities
- I will update my technology skills
- I will contact my professors if I miss a class
- I will keep a schedule planner on my cell phone and/or computer to track important dates, assignments, tests, etc.

### My Major/Academic Program

- I am unmotivated because I have not decided on a major.
- The classes I'm taking do not interest me
- I am unsure of my career goals
- My chosen academic major no longer interests me
- I chose my academic major based on what others expected of me and not on my own interests

### Action Steps

I will meet with the Director of Academic Advising or Career Services to further discuss my major and career goals

### **Tutoring Services/Study Skills**

- I struggle with time management skills
- I have the tendency to procrastinate
- My study skills/habits need work
- I struggle with exams
- I experience anxiety when taking tests
- I don't know how to take good notes in class
- I wasn't prepared for the demands of my classes
- I have a difficult time understanding course content

#### *Action Steps*

- I will seek private tutoring
- I will seek help from the Academic Resource Center
- I will attend college workshops focused on academic success
- I will keep a schedule planner on my cell phone and/or computer to track important dates, assignments, tests, etc.
- I will seek help from my professor
- I will join a study group

### **Student Accessibility Services**

- I have a disability that is affecting my academic performance
- I have a problem staying organized and on task
- I am taking medication that has side effects which might impact learning
- If I had more time to take my test, I think I would do better
- I am having a problem hearing what people are saying in class
- I had an individualized education program (I.E.P.) in high school
- I had someone helping me with classroom notes in high school

#### *Action Steps*

- I will schedule an appointment with Dr. Rita Neu, Disabilities Coordinator

## Psychological & Counseling Services

- I find it very difficult to get to class on time
- I worry too much about my relationship with my boy/girlfriend
- I am so depressed and unmotivated that I often miss classes and assignment deadlines
- I have experienced personal and family issues that have distracted me from doing well in classes
- I am not doing well because my teachers don't like me and never cut me a break.
- I had a difficult time with the adjustment from high school to college
- I find it difficult living on my own for the first time
- I am homesick
- Alcohol/drugs are affecting my attendance and/or academic performance

### *Action Steps*

- I will make an appointment with the GCC Counseling Center.
- I will commit to going to bed earlier
- I will take a good, honest look at my daily routine to help me identify ways of becoming better organized
- I will setup an appointment with my academic advisor and professors to further discuss my situation