Academic Success Assessment

Student’s Name:

Student’s NUID:

Time Management Self-Evaluation:

Read each statement and check the box that most accurately describes your current habits and thoughts.

1. I feel like I spend too much time studying/working & not enough time for myself.
   - Yes
   - No
   - Sometimes

2. I feel like my day to day life is chaotic & disorganized, making me feel overwhelmed or stressed.
   - Yes
   - No
   - Sometimes

3. I don't often set time aside to study or often procrastinate studying until right before an exam or test.
   - Yes
   - No
   - Sometimes

4. I can't seem to find balance between social time, personal time, academic time, and my work schedule.
   - Yes
   - No
   - Sometimes

5. I often misjudge how long a task or assignment is going to take me to complete.
   - Yes
   - No
   - Sometimes

6. I like to make lists, but usually put too many tasks on my list for the day or time I set aside & can rarely accomplish them all.
   - Yes
   - No
   - Sometimes

7. I never make a list or plan for the day or week. I usually take it day by day.
   - Yes
   - No
   - Sometimes

8. I find it hard for me to stick to a set schedule or daily routine.
   - Yes
   - No
   - Sometimes

9. I would say I work better under pressure/stress or often procrastinate hard or unpleasant tasks.
   - Yes
   - No
   - Sometimes

10. I often miss or am late to class, appointments, or other time commitments.
    - Yes
    - No
    - Sometimes

11. I feel like I have too much “free time” in my schedule.
    - Yes
    - No
    - Sometimes

12. I often stay up really late, sleep in, or take regular naps throughout the day.
    - Yes
    - No
    - Sometimes

13. I set time aside to accomplish tasks, but when I do, I don’t feel like I use that time wisely or as efficiently as I can, or often get distracted.
    - Yes
    - No
    - Sometimes

14. I often experience anxiety when looking at my schedule or work load and do not know where to start, how to start, or what to do first.
    - Yes
    - No
    - Sometimes

Time Management Score:

Add up each column (yes, no, sometimes) and write in the number of each in the corresponding box. The number with the highest score will help you determine how frequently or infrequently you struggle in this area.
<table>
<thead>
<tr>
<th></th>
<th>Study Skills &amp; Habits Self - Evaluation:</th>
<th>Yes/Most the time</th>
<th>No/Almost never</th>
<th>Sometimes/Depends</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>I have time to study, but do not use that time studying, or don't always know how to study certain subjects.</td>
<td>[ ] Yes</td>
<td>[ ] No</td>
<td>[ ] Sometimes</td>
</tr>
<tr>
<td>2.</td>
<td>When I do homework, I am normally in bed, have a lot of clutter around my work space, or have too many people around to focus.</td>
<td>[ ] Yes</td>
<td>[ ] No</td>
<td>[ ] Sometimes</td>
</tr>
<tr>
<td>3.</td>
<td>I am often distracted by my phone, notifications, or other distractions when studying, doing assignments, or reading.</td>
<td>[ ] Yes</td>
<td>[ ] No</td>
<td>[ ] Sometimes</td>
</tr>
<tr>
<td>4.</td>
<td>My class notes are sometimes difficult to understand later, or I find I am missing important information, materials, and concepts.</td>
<td>[ ] Yes</td>
<td>[ ] No</td>
<td>[ ] Sometimes</td>
</tr>
<tr>
<td>5.</td>
<td>I go to class, but am often bored, fall asleep, am distracted, easily lose focus, or daydream.</td>
<td>[ ] Yes</td>
<td>[ ] No</td>
<td>[ ] Sometimes</td>
</tr>
<tr>
<td>6.</td>
<td>I study, but it doesn't seem to help me during tests or to raise my grades on assignments.</td>
<td>[ ] Yes</td>
<td>[ ] No</td>
<td>[ ] Sometimes</td>
</tr>
<tr>
<td>7.</td>
<td>When reading, I have trouble remembering what I just read, picking out the important information, or understanding the concepts being talked about in the chapters.</td>
<td>[ ] Yes</td>
<td>[ ] No</td>
<td>[ ] Sometimes</td>
</tr>
<tr>
<td>8.</td>
<td>I struggle to keep up with reading assignments.</td>
<td>[ ] Yes</td>
<td>[ ] No</td>
<td>[ ] Sometimes</td>
</tr>
<tr>
<td>9.</td>
<td>I lose a lot of points on tests even when I thought I knew the material well.</td>
<td>[ ] Yes</td>
<td>[ ] No</td>
<td>[ ] Sometimes</td>
</tr>
<tr>
<td>10.</td>
<td>I study for my tests, but my mind goes blank or I stress when taking them.</td>
<td>[ ] Yes</td>
<td>[ ] No</td>
<td>[ ] Sometimes</td>
</tr>
<tr>
<td>11.</td>
<td>I struggle with timed quizzes, often not finishing them within the time allowed, or struggle with allocating my time during the tests to the areas I need to spend more or less time on.</td>
<td>[ ] Yes</td>
<td>[ ] No</td>
<td>[ ] Sometimes</td>
</tr>
<tr>
<td>12.</td>
<td>I get lost in the details of reading and have trouble identifying the main points and ideas.</td>
<td>[ ] Yes</td>
<td>[ ] No</td>
<td>[ ] Sometimes</td>
</tr>
<tr>
<td>13.</td>
<td>Often times, with my papers / projects, I feel so overwhelmed that I struggle with just getting started on it.</td>
<td>[ ] Yes</td>
<td>[ ] No</td>
<td>[ ] Sometimes</td>
</tr>
<tr>
<td>14.</td>
<td>I usually write my papers the night or couple days before they are due.</td>
<td>[ ] Yes</td>
<td>[ ] No</td>
<td>[ ] Sometimes</td>
</tr>
<tr>
<td>15.</td>
<td>I avoid studying because I don't need to, don't like to, don't have time to, or don't know how to.</td>
<td>[ ] Yes</td>
<td>[ ] No</td>
<td>[ ] Sometimes</td>
</tr>
<tr>
<td>16.</td>
<td>I struggle to organize my thoughts into a paper that makes sense.</td>
<td>[ ] Yes</td>
<td>[ ] No</td>
<td>[ ] Sometimes</td>
</tr>
<tr>
<td>17.</td>
<td>I struggle to understand what the professor wants me to cover in my papers.</td>
<td>[ ] Yes</td>
<td>[ ] No</td>
<td>[ ] Sometimes</td>
</tr>
<tr>
<td>18.</td>
<td>I struggle with essays and paper formatting, citations, researching, editing, sources, or preventing plagerism.</td>
<td>[ ] Yes</td>
<td>[ ] No</td>
<td>[ ] Sometimes</td>
</tr>
</tbody>
</table>

**Study Skills & Habits Score:**

Add up each column (yes, no, sometimes) and write in the number of each in the corresponding box. The number with the highest score will help you determine how frequently or infrequently you struggle in this area.
Motivation, Mindset & Resilience Self - Evaluation:

<p>| | | | |</p>
<table>
<thead>
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<tbody>
<tr>
<td>1.</td>
<td>I often struggle with self-confidence?</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>2.</td>
<td>I often struggle with asking for help or admitting when I am wrong or do not understand something.</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>3.</td>
<td>I avoid uncomfortable situations, conflict, or situations where confrontation may arise.</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>4.</td>
<td>Often, I feel my emotions overtake me or struggle with expressing them in a healthy manner.</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>5.</td>
<td>I struggle with speaking up about something that bothers me.</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>6.</td>
<td>When learning a new task that is hard, I often give up quickly if it doesn't come easily, feel defeated, or tell myself I'm bad at it or can't do it.</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>7.</td>
<td>I typically choose to do something I do well versus challenging myself to try something new when I am not sure if I will be good at it.</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>8.</td>
<td>I often am too hard on myself or feel like a failure or am letting myself or others around me down.</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>9.</td>
<td>When someone gives me feedback, I often take it personally, or feel judged, attacked, or become defensive.</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>10.</td>
<td>I tend to focus on all the things that could go wrong, assume the worst outcomes will come true, or assume to know what negative thoughts someone else might be thinking about me or a situation.</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>11.</td>
<td>I always blame myself or find myself apologizing for things I shouldn't be.</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>12.</td>
<td>People have told me I blow things out of proportion, or tend to over-exaggerate the circumstances.</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>13.</td>
<td>I feel often like I struggle with setting healthy boundaries.</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>14.</td>
<td>I would describe myself as a perfectionist.</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>15.</td>
<td>I often speak badly of myself, or often use words like &quot;I can't...&quot;, &quot;I am bad at...&quot;, &quot;I suck at...&quot;, &quot;I don't like to...&quot;, etc.</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td></td>
<td>When challenges arise, I often avoid them, ignore them, or use escaping coping mechanisms like binging on video games, tv, sleep, substances, social media, shopping, etc., to forget about the stress of it.</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>16.</td>
<td>I often have a class or classes I am dreading taking or attending.</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>17.</td>
<td>When in a tough subject or have a professor I don't care for, I typically stop going to class, mentally check out, avoid it, or drop the class if I can.</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>18.</td>
<td>I believe that you are either just good at something or bad at it. If you are bad at it, you will never be good at it.</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>19.</td>
<td>I rarely have the energy to go after what I want to achieve in life.</td>
<td>Yes</td>
<td>No</td>
</tr>
</tbody>
</table>

**Motivation, Mindset, Resilience, & Emotional Awareness Score:**

Add up each column (yes, no, sometimes) and write in the number of each in the corresponding box. The number with the highest score will help you determine how frequently or infrequently you struggle in this area.
## Identifying Obstacles: Check the following areas that have been a challenge for you thus far.

### Personal Wellness, Major & Career, Family & Social Obstacles

#### Major / Career Related Issues
- [ ] Uncertain or academic / career goals
- [ ] Unsure of professional interest, skills or abilities
- [ ] Unsure of major choice I'm currently in or what to go into
- [ ] I have doubts that my major is the best fit for me
- [ ] I want to explore my career choice options, but don't know how
- [ ] I don't feel like I'm getting the support I need for my major
- [ ] I don't know who my advisor is or how to contact them.

#### Personal Wellness Struggles
- [ ] Struggling with illnesses
- [ ] Struggle with anxiety/mental health challenges
- [ ] Have poor or inconsistent sleep habits
- [ ] Financial difficulties, struggle with money
- [ ] Struggle balancing school, work, family
- [ ] Struggle with substance abuse
- [ ] Struggle with my beliefs system, or lack a foundation in my beliefs system
- [ ] Don't practice good self-care habits
- [ ] Unhealthy eating habits - lifestyle
- [ ] Feel overwhelmed by daily chores & household responsibilities
- [ ] Don't have a good exercise routine or habits.
- [ ] Don't spend much time in nature or outside
- [ ] Struggle prioritizing myself
- [ ] I don't often take time to relax, meditate, practice mindfulness or grounding
- [ ] Don't often reflect on the past to try and learn from mistakes made
- [ ] Spend too much time worrying over past mistakes
- [ ] I struggle to forgive others or myself and let go of the past
- [ ] I feel I lack a sense of purpose or direction in life.

#### Family & Social Obstacles
- [ ] Need to better adjust to college life @ UNK
- [ ] Want to connect with other students
- [ ] Struggle making new friends
- [ ] Struggling with loneliness or feeling isolated
- [ ] Have struggled with a recent crisis or emergency
- [ ] Have housing or roommate issues
- [ ] Struggle with my home/family/personal relationships
- [ ] Feeling homesick: struggling with missing family/friends/home
- [ ] Don't feel like you have a good support system at home or in your personal life

### Any additional obstacles or struggle you know you want to address?