



Instructions:

1. Complete Academic Self – Assessment
2. Schedule an appointment with your Academic Advisor using MavTrack. Please schedule one hour for this appointment.

Appointment Goals:

1. Identify obstacles from the previous semester that affected your academic success.
2. Determine academic goals for the current semester.
3. Develop academic success plan to foster academic and career success with your Academic Advisor.

Please complete the following Academic Recovery Self-Assessment:

Name:	NUID:	Date:
Major:		
Teaching Endorsement(s) if applicable:		

Cumulative GPA **prior** to probation: _____

Previous semester credits hours: _____

Current Cumulative GPA: _____

Number of credit hours enrolled in now: _____

Please list courses from **previous** semester and provide information about each course under the designated category:

Course Name	Difficulty: 1(least) – 5(most)	Hours studied/ week	Grade
1:			
2:			
3:			
4:			
5:			
6:			

Select what obstacles impacted your grades:

Academic

<input type="checkbox"/>	Ineffective study skills (unprepared for exams, note taking, test anxiety, challenging text reading)
<input type="checkbox"/>	Undeveloped time management skills
<input type="checkbox"/>	What worked in high school doesn't work anymore
<input type="checkbox"/>	Difficult classes/not prepared for course level
<input type="checkbox"/>	Unable to understand course content relevance

	Unable to understand professor
	Conflict with professor
	Incompatible learning style with teaching style
	Hard to concentrate/daydreaming
	Registered for too many classes
	Did not attend/skipped class
	Lack of motivation
	None
	Other

Major/Career

	Uncertain about major
	Changed major/endorsement one or more times
	Not sure why I'm in school, UNO CEHHS may not be the place for me
	None
	Other

Personal/Other

	Financial difficulties
	Physical or Mental Health problems
	Learning disabilities
	Hard to get out of bed in the morning
	Use or abuse of alcohol or other substances(s)
	Difficulty concentrating
	Difficulty sleeping at night
	Pressure, stress, anxiety or tension
	Over-involved with extra-curricular activities
	Lack of motivation
	None
	Other

Family/Social Adjustment

	Home or family problems
	Roommate troubles
	Loneliness/separation from family and friends
	Adjustment to college culture
	Adjustment to academic expectations
	Working too many hours
	Difficulty making friends/connections
	None
	Other

Motivation and Attitude

Why are you at UNO right now? _____

What do you want to gain from or contribute to society during your lifetime? _____

Values and Goals	Always	Frequently	Occasionally	Never
a. My purpose for getting a college education is clear.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. I feel confident that I can reach my goal to graduate from college.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. I set specific goals, which lead to success in my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Attitude/Motivation	Always	Frequently	Occasionally	Never
a. Class lectures and discussions stimulate me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. I enjoy school and want to be at college.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. There are one or two subjects in school that I always enjoy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Education and Career Goals

What is your long-term educational goal?

What is your career objective? If you are not sure, what careers/majors have you considered?

Time Management

How many hours of commitments did you have outside of school each week <u>LAST</u> semester?	How many hours of commitments do you have outside of school each week <u>THIS</u> (current) semester?
Work:	Work:
Organizations:	Organizations:
Family:	Family:
Other:	Other:

Time Management	Always	Frequently	Occasionally	Never
a. I make plans each week about how I will spend my time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. I complete major assignments and hand them in on time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. I plan to study at least 2 hours for every hour I spend in class.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What are your biggest time wasters? _____

Study Skills

Class Preparation	Always	Frequently	Occasionally	Never
a. I attend all my classes each week.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. I complete my small assignments within 24 hours after class.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. I find it helps me learn when I study with groups of students.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Study Habits	Always	Frequently	Occasionally	Never
a. I study in blocks of time -- two hours at a time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. I study at a regular scheduled time each day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Reading and Writing Skills	Always	Frequently	Occasionally	Never
a. My long papers have three drafts.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. I read the chapter before the lecture covers it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Physical/Emotional Health

Stress	Always	Frequently	Occasionally	Never
a. I believe in my capacity to do well in college	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. I am confident and free of anxiety when I take tests	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. I have little difficulty managing challenges in my life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What are the primary sources of stress in your life? _____

What are you doing to manage your stress levels? _____

Test Taking Skills

Test Preparation Skills	Always	Frequently	Occasionally	Never
a. My study time for tests is organized and thorough.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. I begin studying for tests several days before the test.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. I seem to luck out and study what the teacher puts on the test.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Test Taking Skills	Always	Frequently	Occasionally	Never
a. I complete my tests with time to review.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. When I study hard, my test scores are good.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. I feel confident about my tests and have low anxiety.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please determine and explain in detail the top three obstacles that affected your academic performance.

1)
2)
3)

Identify three strengths that you have as a student.

1)
2)
3)

Having identified your most significant obstacles and your strengths as a student, describe what specific actions you will take next semester to return yourself to good academic standing.

(Be sure you list SMART goals- **S**pecific, **M**easurable, **A**ttainable, **R**ealistic, and **T**imely)

Action	Measurement	Start/ Complete
1)		
2)		
3)		

Please print/save a copy of this self – assessment and bring it with you to your scheduled advising appointment. You will use this information to develop your Success Plan for the upcoming semester.

Thank you for your time and reflection!