



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

☐	Ineffective study skills (unprepared for exams, note taking, test anxiety, challenging text reading)
☐	Undeveloped time management skills
☐	What worked in high school doesn't work anymore
☐	Difficult classes/not prepared for course level
☐	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.	☐	☐	☐	☐
b. I feel confident that I can reach my goal to graduate from college.	☐	☐	☐	☐
c. I set specific goals, which lead to success in my life.	☐	☐	☐	☐

Attitude/Motivation	Always	Frequently	Occasionally	Never
a. Class lectures and discussions stimulate me.	☐	☐	☐	☐
b. I enjoy school and want to be at college.	☐	☐	☐	☐
c. There are one or two subjects in school that I always enjoy.	☐	☐	☐	☐

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.	☐	☐	☐	☐
b. I complete major assignments and hand them in on time.	☐	☐	☐	☐
c. I plan to study at least 2 hours for every hour I spend in class.	☐	☐	☐	☐

What are your biggest time wasters? _____

Study Skills

Class Preparation	Always	Frequently	Occasionally	Never
a. I attend all my classes each week.	☐	☐	☐	☐
b. I complete my small assignments within 24 hours after class.	☐	☐	☐	☐
c. I find it helps me learn when I study with groups of students.	☐	☐	☐	☐

Study Habits	Always	Frequently	Occasionally	Never
a. I study in blocks of time -- two hours at a time.	☐	☐	☐	☐
b. I study at a regular scheduled time each day.	☐	☐	☐	☐

Reading and Writing Skills	Always	Frequently	Occasionally	Never
a. My long papers have three drafts.	☐	☐	☐	☐
b. I read the chapter before the lecture covers it.	☐	☐	☐	☐

Physical/Emotional Health

Stress	Always	Frequently	Occasionally	Never
a. I believe in my capacity to do well in college	☐	☐	☐	☐
b. I am confident and free of anxiety when I take tests	☐	☐	☐	☐
c. I have little difficulty managing challenges in my life	☐	☐	☐	☐

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.	☐	☐	☐	☐
b. I begin studying for tests several days before the test.	☐	☐	☐	☐
c. I seem to luck out and study what the teacher puts on the test.	☐	☐	☐	☐
Test Taking Skills	Always	Frequently	Occasionally	Never
a. I complete my tests with time to review.	☐	☐	☐	☐
b. When I study hard, my test scores are good.	☐	☐	☐	☐
c. I feel confident about my tests and have low anxiety.	☐	☐	☐	☐

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!