

## UNO College of Education Academic Probation Self - Assessment

### 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 Probation Self-Assessment:

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

Cumulative GPA Prior to Probation: \_\_\_\_\_

Previous Semester Credit Hours: \_\_\_\_\_

In your previous semester, how many hours of commitments did you have outside of school each week?

Work:
Organizations:
Family:
Other:

Current Cumulative GPA: \_\_\_\_\_

Current Semester Credits: \_\_\_\_\_

In your current semester, how many hours of commitments do you have outside of school each week?

Work:
Organizations:
Family:
Other:

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:			

Indicate what obstacles affected your grades with an 'X':

### 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 COE 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

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.

<b>Actions or Goals</b>
1)
2)
3)

Please print a copy of this self – assessment and bring it with you to your scheduled advising appointment.

Thank you for your time and reflection!