

Part B: What factors may have contributed to your academic performance? Mark all that apply.

Academic/Study Skills

- Lack of study skills
- Difficult class(es)
- Unhappy with instructor
- Unable to understand course materials
- Too heavy of a course load
- Test anxiety
- Poor test preparation
- Numerous class absences
- Lack of motivation
- Easily distracted/ difficulty focusing
- Possible learning disability
- Other

Adjustment

- Adjustment to region
- Adjustment to Montclair State
- Separation from home, family & friends
- Housing, roommate issues
- Commuting issues
- Difficulty making friends
- Other:

Career/Major

- Unsure of major
- Unable to decide between several majors
- No clear career goals or plans
- Unsure of interests, skills, and abilities
- Not enjoying major classes
- Other

Personal

- Difficulty saying "no" to others
- Home or family problems
- Family/friends don't support my goals
- Relationship issues
- Financial difficulties
- Physical illness, health problems, injury
- Use of alcohol or other substance abuse
- Stress, anxiety
- Depression
- Loneliness
- Poor nutrition
- Sleep difficulties
- Other

Time Management

- Difficulty managing time
- Too much time spent socializing
- Procrastination
- Employment
- Addiction to or overinvestment in the internet, computer games, or TV
- Over-commitment to student organizations, Fraternities/Sororities
- Other

Test-Taking/Assignments: Consider your comfort level when faced with the following types of tests and assignments; please circle either "comfortable", "uncomfortable", or "don't know".

Essay exams:	comfortable	uncomfortable	don't know
Multiple choice exams:	comfortable	uncomfortable	don't know
Research papers:	comfortable	uncomfortable	don't know
Writing assignments:	comfortable	uncomfortable	don't know
Oral presentations:	comfortable	uncomfortable	don't know
Group projects:	comfortable	uncomfortable	don't know