Acad	lemic Success Exercise #1: Reflections and Self-Evaluation				
Name	: CWID:				
	mic Success Exercises are designed to help you recognize areas of concern and plan				
strate	gies for a successful semester. Your responses will help your advisor in tailoring the				
Studer	nt Academic Progress Program to your specific needs.				
Part A	: Please provide some basic information.				
1.	. About how many hours per week did you spend on schoolwork?				
	Did you participate in:				
	Clubs How Many Approx. hrs/wk				
	Athletics How Many Approx. hrs/wk				
	Job(s) How Many Approx. Hrs/wk On or Off campus _				
3.	Did you speak with your course instructors about your grades and progress this semester?				
	Yes (all) Yes (some) No				
4.	4. Were you surprised by your grades in the courses you did not do well in?				
	Yes (all) Yes (some) No				
	If Declared, do you plan on staying in your major?NoYesUnsure				
6.	. If Undeclared, have you identified a major of interest?NoYes:				
7.	Do you feel a sense of belonging at Montclair State?NoYes				
8.	. Did you use any support services last semester?NoYes:				
	If yes:				
9.	Are you the first in your family to attend college?NoYes				
Part B	: Please respond to the following questions.				
1. Describe your last semester at Montclair State. Describe your classes, extract					
	involvement, or other commitments outside of school.				
2.	What went well last semester?				
3.	If you had the opportunity to rewind and "redo" your last semester here, what would you do differently?				

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

Academic/Study Skills		<u>Personal</u>		
Lack of study skills		Difficulty saying	g "no" to others	
Difficult class(es)		Home or family	problems	
Unhappy with instruct	or	Family/friends	don't support my goals	
Unable to understand	course materials	Relationship iss	ues	
Too heavy of a course	load	Financial difficu	lties	
Test anxiety		Physical illness,	health problems, injury	
Poor test preparation		Use of alcohol of	or other substance abuse	
Numerous class absen	ces	Stress, anxiety		
Lack of motivation		Depression		
Easily distracted/ diffic	culty focusing	Loneliness		
Possible learning disab	ility	Poor nutrition		
Other		Sleep difficultie	S	
		Other		
<u>Adjustment</u>				
Adjustment to region		<u>Time Management</u>		
Adjustment to Montcla		Difficulty managing time		
Separation from home		Too much time spent socializing		
Housing, roommate iss	sues	Procrastination		
Commuting issues		Employment		
Difficulty making friend	ds		overinvestment in the	
Other:		=	iter games, or TV	
0 (0.4.)		Over-commitme		
<u>Career/Major</u>		<u> </u>	raternities/Sororities	
Unsure of major		Other		
Unable to decide betw	een severai			
majors				
No clear career goals of				
Unsure of interests, sk				
Not enjoying major cla Other	SSES			
Other				
T		at the last formal of	halba falla dan basa ƙ	
<u>Test-Taking/Assignments:</u> Co	•		·	
tests and assignments; pleas	se circle either "cor	ntortable", "uncomfort	able", 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	