Academic Success Exercise #1: Reflections and Self-Evaluation

Name: __________________________ CWID: __________________________

Academic Success Exercises are designed to help you recognize areas of concern and plan strategies for a successful semester. Your responses will help your advisor in tailoring the Student 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? ___________

2. 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. Were you surprised by your grades in the courses you did not do well in?
   - ____ Yes (all)  ____ Yes (some)  ____ No

5. If Declared, do you plan on staying in your major?  ___No  ___Yes  ____Unsure

6. If Undeclared, have you identified a major of interest? ___No ___Yes: ___________

7. Do you feel a sense of belonging at Montclair State? ___No ___Yes

8. Did you use any support services last semester?  ___No ___Yes:
   - If yes: __________________________________________________________________

9. Are you the first in your family to attend college? ___No ___Yes

Part B: Please respond to the following questions.

1. Describe your last semester at Montclair State. Describe your classes, extracurricular 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**
- ___ 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

**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

**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

**Personal**

**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 
- Multiple choice exams: comfortable 
- Research papers: comfortable 
- Writing assignments: comfortable 
- Oral presentations: comfortable 
- Group projects: comfortable