ACADEMIC SELF-ASSESSMENT
COLLEGE OF SCIENCE, ENGINEERING AND TECHNOLOGY

Last name ____________________________  First name ____________________________

Directions: Bring your completed assessment with you to your academic support session in the CSET Advising Center. PLEASE NOTE: The appointment for your academic support session must be made at least 24 hours in advance. Call 507-389-1521 to schedule your academic support session.

Part A

Place an “X” on all of the following issues you think may have contributed to your academic difficulties. Of all the ones you mark, please circle the top three issues you feel had the MOST negative impact on your academic success.

Study Skills

__ Study skills (note-taking, test-taking, reading textbooks, staying current on assignments)
__ Poor high school or previous college preparation
__ Course load too heavy
__ Lack of effective time management

Social Adjustment

__ Adjustment to MSU expectations
__ Adjustment to college culture
__ Separation from family/friends
__ Problems with roommates
__ Loneliness
__ Over-involvement with campus activities

Career/Academic Major Issues

__ Not confident about choice of major
__ No academic goals or future plans
__ Unsure of my strengths or talents
__ Major courses very difficult

Personal Issues

__ Inadequate financing for college
__ Health or emotional issues (i.e. physical illness, depression)
__ Substance abuse issues
__ Too much stress/tension/anxiety
__ Learning disability
__ Lack of motivation or interest
__ Home or family problems
__ Difficulty prioritizing work and academics

On average, how many hours a week do you actually spend on the following:

__ Class attendance
__ Studying outside of class
__ Working
__ Friends and general socializing
__ Student organizations/extracurricular activities/athletics
__ Other (computer games, other non-academic individual activities)
Part B

Rate your proficiency in the following academic areas as: “Strong (S),” “Adequate (A),” or “Weak (W)”

___ Taking complete and useful notes from lectures
___ Studying material from a textbook by underlining, outlining, or summarizing important content
___ Memorizing facts, terms, and other course-related details
___ Preparing papers
___ Working out mathematical computations correctly
___ Working out word problems in math or logic

When (time of day) and where do you study most often? __________________________________________________________

When (time of day) and where do you study most effectively? __________________________________________________________

Do you feel you know more than your grades indicate? ____ yes  ____ no
If yes, please check all that apply to you:
___ I put in more time and effort than classmates, but get similar/poorer grades.
___ I have trouble with essay and/or objective tests.
___ I know the material, but have difficulty showing it on tests.
___ I become anxious when facing an exam.
___ I could do better on tests if allowed more time.

Part C – Required for Second Term Probationary Students

If you are on a second term of probation, what steps did you take after your first term of probation to overcome your difficulties?
____________________________________________________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________

Did the actions you took help you improve your academic standing? Why or why not?
____________________________________________________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________