

**Academic Self Assessment**  
**College of Science, Engineering and Technology**

Last Name

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 issue(s) which you think may have contributed to your academic difficulties. Of the ones you mark, please rank the top issues which you feel had the MOST negative impact on your academic success from 1 to 3 (1 most negative).

**Study Skills**

- \_\_\_\_\_ Study Skills (note-taking, test anxiety, reading textbooks)
- \_\_\_\_\_ Difficult courses
- \_\_\_\_\_ Poor preparation for course(s)
- \_\_\_\_\_ Course load too heavy

**Family/Social Adjustment**

- \_\_\_\_\_ Adjustment to MSU expectations
- \_\_\_\_\_ Adjustment to college culture
- \_\_\_\_\_ Separation from family/friends
- \_\_\_\_\_ Roommate Problems
- \_\_\_\_\_ Loneliness
- \_\_\_\_\_ Home or family problems
- \_\_\_\_\_ Over involvement in campus activities

**Career/Academic Major Issues**

- \_\_\_\_\_ Not confident/or indecisive about choice of major
- \_\_\_\_\_ No academic goals or future plans
- \_\_\_\_\_ Unsure of my strengths or talents

**Personal Issues**

- \_\_\_\_\_ Concerned about financing 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
- \_\_\_\_\_ Lack of effective time management
- \_\_\_\_\_ Balancing work and academics

First Name

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

- \_\_\_\_\_ Studying Outside of Class
- \_\_\_\_\_ Class Attendance
- \_\_\_\_\_ Work
- \_\_\_\_\_ Time with Friends and Family
- \_\_\_\_\_ Student Organizations

Date:

**Part B**

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

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|--|--|
| <input type="checkbox"/> taking complete and useful notes from lectures  | <input type="checkbox"/> preparing and presenting a research paper       |
| <input type="checkbox"/> studying material from a textbook, by underlining, outlining, or summarizing important content. | <input type="checkbox"/> working out mathematical computations correctly |
| <input type="checkbox"/> memorizing facts, terms, and other course related details                                       | <input type="checkbox"/> working out word problems in math or logic      |

When and where do you study most often?

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When and where do you study most effectively?

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Do you feel you know more than your grades indicate?  yes  no

If yes, please check all that apply to you:

- put in more time and effort than classmates, but get similar/poorer grades
- have particular trouble with either essay or objective tests
- know material, but have difficulty showing it on tests
- become anxious when facing an exam
- could do better on tests if allowed more time

**Part C - Required for Second Term Probation 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?

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

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