

Center for Academic Excellence Self-Assessment Worksheet

Name _____ ID _____

Please take time to reflect on the areas below and check off items which you feel are a challenge to your academic success. During your meeting, you and the advisor will discuss strategies to address these challenges and resources available at SSU. If you plan to appeal your financial aid, this form must be submitted as part of your financial aid appeal, only after the advisor has reviewed it with you.

<u>Study/Academic Skills</u> <input type="checkbox"/> Concentration easily broken <input type="checkbox"/> Difficulty managing time <input type="checkbox"/> Too heavy of a course load <input type="checkbox"/> Unable to understand course material <input type="checkbox"/> Unsure how to study	<input type="checkbox"/> Documented learning disability <input type="checkbox"/> Difficulty writing papers <input type="checkbox"/> Difficulty with some mathematical concepts <input type="checkbox"/> Other: _____
<u>Personal</u> <input type="checkbox"/> Balancing school, work, and/or family <input type="checkbox"/> Financial difficulties <input type="checkbox"/> Illness and/or health problems <input type="checkbox"/> Stress, anxiety and/or depression	<input type="checkbox"/> Social distractions <input type="checkbox"/> Substance abuse <input type="checkbox"/> Sadness or loneliness <input type="checkbox"/> Other: _____
<u>Home and/or Social</u> <input type="checkbox"/> Adjustment to SSU and/or USA <input type="checkbox"/> Connection with other students <input type="checkbox"/> Home and/or family problems <input type="checkbox"/> Housing and/or roommate issues	<input type="checkbox"/> Separation from friends, family, or home <input type="checkbox"/> Other: _____
<u>Major/Career Related Issues</u> <input type="checkbox"/> Difficulty with courses within my major <input type="checkbox"/> Difficult classes in general <input type="checkbox"/> Uncertain of academic/career goals	<input type="checkbox"/> Unsure of interests, skills, or abilities <input type="checkbox"/> Unsure of my major choice <input type="checkbox"/> Other: _____

Based on your self-assessment, what key factors contributed to you not making satisfactory academic progress?

What are some personal and academic strengths that will help ensure your success?

Signature _____ Date _____