

Academic Intervention Self-Assessment

Complete this assessment, print it and use it to discuss these topics with your academic consultant. The goals of the meeting with your consultant include:

- ✓ Evaluating approach to academic coursework and making changes as needed,
- ✓ Identifying obstacles from the previous semester that impacted your academic success, and
- ✓ Building a strong relationship between you and your academic consultant.

Name:	Email:	Cumulative GPA:
Major:	Phone (cell # appreciated):	Cumulative Credits (#):
Academic Adviser:	University ID #:	Semester GPA:
Campus Involvement: (clubs/orgs, Greek Life, Learning Communities etc.)		Semester Credits (#):

A. Students on academic warning or probation often need to retake courses from previous semesters or make other adjustments to their class schedule for the current semester. Please complete the chart below to assist you and your adviser in evaluating your current class schedule.

Previous semester courses	Grade	Current semester courses

B. In reviewing your academic performance, what obstacles have negatively impacted your grades?

Check all that apply and **circle the top 3** obstacles that have impacted your academic progress.

<p><u>Academic</u></p> <p>_____ What worked in high school doesn't work anymore</p> <p>_____ Ineffective study skills (note taking, reading textbooks, etc.)</p> <p>_____ Unprepared for exams/unsure how to prepare</p> <p>_____ Hard to concentrate/daydreaming</p> <p>_____ Did not attend/skipped classes</p> <p>_____ Registered for too many classes</p> <p>_____ Conflict with professor</p> <p>_____ Uncomfortable/oppressive classroom climate</p> <p>_____ Did not use campus resources/unaware of resources</p> <p>_____ Difficult classes/unprepared for course level</p> <p>_____ Inexperienced with required classroom technology</p> <p>_____ Unable to understand course content or find relevance in course material</p> <p><u>Major/Career</u></p> <p>_____ Uncertain about current major</p> <p>_____ Unsure what jobs are associated with major</p> <p>_____ Changed major one or more times</p> <p>_____ No clear career goals</p> <p>_____ Not sure why I'm in school</p> <p>_____ Iowa State may not be the place for me</p>	<p><u>Personal</u></p> <p>_____ Lack of motivation</p> <p>_____ Hard to get out of bed in the morning</p> <p>_____ Difficulty sleeping</p> <p>_____ Extreme pressure, stress, anxiety or tension</p> <p>_____ Health problems</p> <p>_____ Use/Abuse of alcohol or other substance(s)</p> <p>_____ Learning disability –possible or diagnosed</p> <p>_____ Financial difficulties</p> <p>_____ Undeveloped time management method</p> <p>_____ Over-involved with extra-curricular activities</p> <p>_____ Working too much (# hours/week _____)</p> <p>_____ Excessive amount of time online (Facebook, YouTube, Gaming, etc.)</p> <p><u>Family/Social Adjustment</u></p> <p>_____ Moved away from home/homesickness</p> <p>_____ Difficulty adjusting to college life</p> <p>_____ Hard to make friends/loneliness</p> <p>_____ Roommate issues</p> <p>_____ Personal relationship issues</p> <p>_____ Family situation/issues</p> <p>_____ Interpersonal violence</p>
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Other factors not listed above:

C. Now, explain in detail the **three most significant obstacles** that affected your academic performance.

Obstacle	Explain each obstacle's impact on your success	How can you eliminate that obstacle?
1.		
2.		
3.		

D. What **academic resources, campus connections or networks** have you utilized at Iowa State (tutoring, student counseling, Greek, etc.)?

Action Plan for a Successful Semester

E. Think about a plan of action for getting the semester off to a strong start. Include meetings with your adviser & instructors, tutoring, and other resources. Discuss this plan with your consultant who can offer additional ideas.

	GOAL	ACTION PLAN (dates, follow-up meetings, etc.)	AVAILABLE RESOURCES (tutoring, professors office hours)
1.			
2.			
3.			

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Original Copy – Student

Date: _____
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