

Self-Assessment Worksheet

Take some time to reflect on the questions below. This worksheet will be used as a discussion tool when meeting with your academic advisor. Bring the completed worksheet to your appointment (mandatory, students without self-assessment will be asked to reschedule).

▲ Name:

▲ Student ID number:

▲ Fall 2016 Courses

Fill out the following table for your Fall 2016 courses. Note any concerns or positives for each course:

| Course | Notes on your progress/ strengths/ concerns | Interest level 1-10 (10 high) |
|--------|---------------------------------------------|-------------------------------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

- List any courses you are repeating:

- Are you currently receiving financial aid or scholarships?
Are your scholarships on warning or suspension (need SAP)?
How many units per term are required and are you on track?

3. What are your goals with this major?

4. What are your long term career goals?

5. How have you become involved in your interests and started building your resume?

▲ Honest Evaluation of the past semester(s)

Challenges In your own words, describe the factors that contributed to your academic difficulties:

Strengths In spite of challenges, I am proud of the following (can be academic or personal):

Over the past semester, what was outside of your control and what, in hindsight, could you have controlled and done differently?

Outside of my control

Inside of my control

▲ Goal Setting

Reflect on your challenges and strengths to determine three goals to recover from academic probation. Your goals can be related to academic success strategies, career planning and exploration, personal issues, anything that will help you succeed. Follow the SMART Goals guidelines: Specific, Measurable, Attainable, Realistic and Timely

1. Specific Goal:

Action steps to achieve:

2. Specific Goal:

Action steps to achieve:

3. Specific Goal:

Action steps to achieve: