

Name _____

Bronco ID _____

Academic Self-Assessment Worksheet

College of Engineering

Please complete this self-assessment as honestly as you can by checking the boxes that apply to you. Think about your answers carefully. We will discuss your answers together and create a strategy for improvement.

	Academics:
	Frequently missed classes
	Poor time management skills
	Learning style not consistent with instructor teaching style
	Trouble taking notes and/or understanding text book
	Test taking anxiety
	Not sure this is the correct major
	Did not meet with instructor when I started to have difficulty
	Didn't like most of my classes
	Not prepared for the demands of college level work
	Difficulty paying attention in class
	English language difficulties
	Trouble prioritizing
	Not sure Cal Poly Pomona is the right place for me
	Personal and Social Adjustment :
	Family problems
	Financial issues
	Health concerns
	Not enough sleep/staying up too late
	Feeling homesick
	Roommate and/or living situation problems
	Alcohol or drug use
	Depression or other emotional issues
	Extracurricular activities taking too much time
	Lack of appropriate place to study
	Difficulty with concentrating
	Low motivation
	Procrastination
	Have or think I might have a learning disability
	Parental pressure
	General stress
	Personal relationship issues
	Too much time playing games or social networking
	Other (Please List):

What do you feel were the most important reasons for your academic difficulty?

What are you going to do differently this quarter?

What kind of help do you feel you need to improve your academics?

Please list the classes you plan to take next quarter. Indicate which courses are "Repeat" courses.

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I agree to the following Action Plan (Do not fill out until meeting with Advisor):

Signature: _____ **Date:** _____