ASAP Self-Assessment

Name _______________________________________ Date ____________________________

I. Identify the obstacles that negatively impacted your academic performance in the fall semester. Check all that apply.

**Academic**
- _____ Poor study skills and habits
- _____ Difficulty focusing/staying on-task
- _____ Ineffective time management
- _____ Study time interrupted by social networking
- _____ Missed classes
- _____ Difficult course material
- _____ Underprepared for college/courses (e.g., reading, writing, and quantitative skills)
- _____ Course overload
- _____ Ineffective listening and note-taking
- _____ Unprepared for quizzes and test
- _____ Test anxiety

**Personal/Other**
- _____ Lack of motivation
- _____ Learning disability
- _____ Insomnia/difficulty sleeping
- _____ Anxiety, stress, pressure
- _____ Health/mental health concerns
- _____ Alcohol/substance abuse or other addictive behavior
- _____ Financial challenges
- _____ Heavy workload
- _____ Over-socializing
- _____ Over-committed to extra-curricular activities (e.g., varsity athletics)

**Social/Family**
- _____ Homesick
- _____ Family concerns
- _____ Roommate challenges
- _____ Personal relationship problems
- _____ Social isolation/loneliness
II. Please review the three Instructional Support Plans (ISPs) or options before responding to the following prompts.

1. List your fall courses, including courses from which you withdrew:

2. Identify the fall courses you found most challenging and explain why they were challenging:

3. Describe any academic support services or resources you used last semester—e.g., met with your professor or worked with a tutor or Academic Skills Intern.

4. Identify the spring courses you anticipate will be the most challenging and explain why you believe they will be challenging:

5. Based on these responses and other considerations, identify the Instructional Support Plan (ISP) or option that will be most beneficial to you this semester. Please explain why: