ACADEMIC SUCCESS WORKSHEET

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ID # @\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_

***Knowledge is Power!***

This worksheet and the accompanying workshop are designed to help you reflect on your motivation, your goals, your strengths as well as the barriers that you have encountered in your academic journey at Three Rivers Community College. After you have viewed the workshop and completed this worksheet you will need to set up a meeting with an advisor in the Counseling and Advising Center (Room A119 or call 860-383-5217).

**Motivation Indicators**

Why are you here at college?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Was TRCC your first choice? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What are your academic goals? What do you want to gain from your college experience?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you have a career goal?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ If so, what is it? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you feel like you are in the right degree program to achieve these goals? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Undecided???? \_\_\_\_\_ That’s okay!

Where do you fall on the Readiness for Change scale? Please note the number here\_\_\_

**Strengths and Assets**

I am really good at:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Friends or Family compliment me on or turn to me for help in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

In the past I have done well at\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I did so because\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Roadblocks**

**Academic/Study Skills Obstacles Work Related Obstacles Personal Obstacles**

* Loneliness
* Relationship issues
* Newly independent
* Shy/socially uncomfortable
* Housing Problems
* Transportation problems
* Child Care issues
* Roommate issues
* Value conflicts
* Dislike of college and studying
* Dislike of TRCC
* Non-supportive family or friends
* Other\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Work too many hours
* Problems with employer
* Fear of job loss
* Conflicts with job
* No part time work available
* Must work to make ends meet
* Other\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Learning disability
* Poor study habits
* Poor time management
* Poor study environment
* Ineffective studying
* Insufficient study time
* High anxiety
* Inadequate reading skills
* Inadequate writing skills **Degree/Major Related Obstacles**
* Poor note-taking skills
* Selecting a major
* Major requirements
* GPA requirements
* Parental pressure
* Classes unavailable
* Desired major not offered
* Not happy with major
* Other\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Poor concentration
* Negative attitude
* Dissatisfaction with instructor
* Poor academic advising
* Unclear educational goals
* Other\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Fear Obstacles**

  **Fear Obstacles**

* Worried about money
* Financial Aid requirements
* Inadequate Financial Aid
* Spouse or partner not working
* Too many debts
* Lack knowledge of resources
* Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Failure
* Not being perfect
* Accomplishments
* Pressures
* Success
* Commitment
* Making decisions
* Making mistakes
* Tasks being too difficult
* Other\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Financial Obstacles**

 **Free Time** **Obstacles**

* Too much internet or media
* Too much social life
* Too overextended in outside activities
* Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Considering your responses above, what items do you have control over? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What items are beyond your control?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What causes you to feel overwhelmed or discouraged? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Academic Habits**

**Time Management:**

 Always Frequently Occasionally Never

* I make plans each week about how I will spend my time. 4 3 2 1
* I complete major assignments and hand them in on time. 4 3 2 1
* I allocate at least 2 hours per week of study timer for 4 3 2 1

 every hour I spend in class.

* I find time for personal obligations and “down time” 4 3 2 1

without sacrificing study or class time. Total

What are your biggest time wasters?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 What key dates should you include on a combined Academic and Personal Calendar?

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Test Taking:**

 Test Preparation Always Frequently Occasionally Never

* My study time for tests is organized and thorough. 4 3 2 1
* I begin studying for tests several days before the test. 4 3 2 1
* I seem to be able to study effectively and have studied 4 3 2 1

what the instructor puts on the test.

 Total

 Test Taking Skills

* I complete my tests with time for review. 4 3 2 1
* When I study hard my test scores are good. 4 3 2 1
* I feel confident about my tests and have low anxiety. 4 3 2 1
* I am comfortable with all types of tests. 4 3 2 1

 Total

What are your most effective test taking strategies?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Resources:**

* I have a network of friends/family who support yes no

 my college work.

* I believe in my capacity to do well in college yes no
* I use college resources such as the Tutoring and yes no

Academic Support Center on a regular basis.

**Study Skills:**

 Class Preparation Always Frequently Occasionally Never

* I attend all of my classes each week. 4 3 2 1
* I complete small assignments within 24 hours after assigned. 4 3 2 1
* I read the syllabus after the first class meeting and . 4 3 2 1 review it periodically. Total

 Study Habits

* I study in blocks of time spread out over the week. 4 3 2 1
* I have a regularly scheduled study time. 4 3 2 1
* I take class notes that prepare me adequately . 4 3 2 1
* I use a variety of tools to help me study. 4 3 2 1
* I study with peers in study groups. 4 3 2 1

 Total

 Reading and Writing Skills

* I compose at least 3 drafts of my long papers 4 3 2 1
* I read the chapter before the lecture covers it. 4 3 2 1
* I take notes on my readings 4 3 2 1

 Total

**What I Can Do To Get Good Grades in the Future**

**Academic/Study Skills Work Related Solutions Free Time Solutions**

* Use to do list
* Just say “No”
* Develop a balanced schedule
* Prioritize
* Find rewards
* Other\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Attend Student Success workshop
* Use TASC Center
* Use Writing or Math Lab
* Access Disabilities Services
* Consult with instructors
* Participate in Peer Study Groups
* Develop a study calendar
* Meet regularly with advisor
* Other\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Get a different job
* Reduce job hours
* Develop problem solving skills
* Get a job
* Spouse/Partner gets job
* Change position within job
* Quit job
* Use Career Center
* Other\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **Family Related Solutions**

* Develop a routine
* Attend to children first, then require solitude
* Help with goal setting
* Delegate duties
* Get communication help
* Access local resources
* Attend family counseling
* Obtain family planning help
* Attend parenting workshops
* Other\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Financial Solutions Degree/Major Solutions**

* Meet with assigned advisor
* Take career/interest test
* Attend Career workshop
* Enroll in Career Choices course
* Change Major
* Add certificate to Major
* Complete internship
* Other\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Consult financial planner
* Use APL or CLEP to earn credits at reduced cost
* Contact Financial Aid about loans/grants
* Check with Student Programs about scholarships
* Work out payment plan
* Get help from family
* Other\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Access community resources
* Take a semester off to work on issues/concerns

**Personal Solutions:**

* Attend Wellness Workshops
* Personal Counseling
* Group Counseling
* eling
* Problem Solving Skills
* Read self help book
* Join a club or organization
* Attend Stress management workshops

**Academic Planning**

My current standing\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My current GPA\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Use the GPA calculator that is linked to the workshop to figure out a realistic course load for next semester and what grades you need to obtain to regain good academic standing

What I need to do to raise my GPA: # of credits I will need to take \_\_\_\_\_\_at what grades\_\_\_\_\_.

How many semesters will it take to get off probation/suspension? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If you do poorly next semester how will this affect your standing? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

NEXT STEPS:

Schedule a meeting with an Advisor in the Counseling and Advising Center (Room A119, 860-383-5217) or walk in on Wednesdays between 9 and 6 pm and on Thursdays between 9 and 4:30.

Please take this worksheet with you when you meet with an advisor.

Thank you!

**\***Portions of worksheet adapted from Utah Valley University Academic Success Probation Workshop http://www.uvu.edu/academicstandards/pdf/probationworksheet.pdf