

# College Success Assessment (Freshmen students)

Name: \_\_\_\_\_

Campus phone number: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Campus address: \_\_\_\_\_

My First Year Advisor is: \_\_\_\_\_ Fall Term GPA: \_\_\_\_\_

Below are several categories of items that may influence your success at UW-Stout. Please read each item and consider it carefully.

The information you share may be used by your first year advisor and first-year mentors to assist you throughout the semester.

## I. Factors that are affecting my academic performance (check all that apply):

### Study Skills

- Lack of study skills
- Hard classes
- Insufficient high school preparation for college
- Difficulty managing time
- Different learning style than teacher's style
- Unable to understand course material
- Too heavy of a course load
- Possible learning difficulty

### Family/Social Adjustment

- Adjustment to the U.S.
- Adjustment to Stout
- Adjustment to Menomonie
- Separation from home, family & friends
- Housing or roommate issues
- Home or family issues
- Trouble making friends
- Child care issues

### Career/Major of Study

- Unsure of / Unhappy with major
- Unable to decide from several majors I like
- No clear career goals or plans
- Unsure of interests, skills and abilities
- Interested in a major not offered here

### Personal Issues

- Financial difficulties
- Physical illness, health problems, injury
- Use of alcohol or other substance abuse
- Pressure, stress, tension, or anxiety
- Loneliness or feelings of isolation
- Can't find meaning for anything; lack of motivation
- Too much time working
- Too much time socializing
- Legal issues
- Commuting distance
- Loss of friend or family member

## II. Factors that have a negative influence on my educational motivation (check all that apply):

- I am not sure why I am in college.
- I am in college only because my parents expected me to enroll.
- I only want to take classes that interest me.
- Learning/school is not one of my priorities now.
- I find it difficult to feel motivated without my family and friends' support.
- I miss my family and/or friends at home
- I haven't made any friends here at UW-Stout.
- I am unsure as to how college fits my long-term goals.
- I have not learned to handle the stress of college life.

I don't get up for early morning classes.

I am over-involved in extra curricular activities (sports, Greek life, campus organizations, etc.)

Other \_\_\_\_\_

**III. Areas where I need to improve in order to achieve academic success (check all that apply):**

Follow through with class assignments

Go to class prepared

Take effective notes that will enhance my studying

Read for comprehension

Concentrate in class

Use a Daily Planner to help me organize my time and activities, and categorize my priorities

Think about success instead of failure while learning or test taking

Learn, understand and practice information rather than simply memorizing it

Discover what is important to learn in each of my classes

Review graded assignments to understand where I need to improve

Complete reading assignments in a thorough, timely manner

Participate in class discussions or other activities

Attend all classes regularly

Study for tests more effectively

Improve time management and minimize procrastination

Other \_\_\_\_\_

**IV. UW-Stout services that I have used (check all that apply):**

TRDIS-120 Strategies for Academic Success class

TRDIS-101 Career Exploration Seminar

Counseling Center on 4<sup>th</sup> Floor Bowman Hall

Tutor Services / Supplemental Instruction

ASPIRE Services

Disability Services

Multicultural Student Services

My First Year Advisor

- Financial Aid Office
- A First Year Mentor in the residence hall
- Workshops/programs offered in the residence hall
- Classmates to work with when I need study partners / study groups
- Professors/instructors
- Library staff
- Health Services
- Other \_\_\_\_\_

**V. Activities that may help me bring out my best performance (check all that apply):**

- Lighten my course load
- Make enough time outside of classes to meet the requirements of my courses by limiting my extra-curricular obligations
- Choose courses in which I have the appropriate background
- Reconsider my choice of major
- Use tutoring services
- Identify a major, and motivation for being here
- Address my personal issues and/or stressors with a counselor
- Find or form a student study group
- Determine and find a study environment that works for me
- Cut back on my hours at work
- Cut back on my socializing
- Study during the day and sleep at night
- Talk with my Instructors and ask questions inside and outside of class
- Identify one person in each class to use as a back-up when I have questions or miss a class
- Other

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