

Preliminary Evaluation-Academic Coaching Studying for Success Program

The purpose of this assessment is to allow you to reflect upon the experiences you have had throughout your academic career. Please complete this assessment honestly, answering with your first reaction to each statement.

Read the following statements carefully. On the scale below, identify the level each statement describes your actions, behaviors or beliefs.

I. LEARNING STRATEGIES

I have all reading assignments completed before each class.

a) Always b) Often c) Sometimes d) Never

I depend on last minute cramming (day before and/or day of the exam) to prepare for quizzes/tests.

a) Always b) Often c) Sometimes d) Never

I often find myself having too much to do and NOT enough time to complete it.

a) Always b) Often c) Sometimes d) Never

I consistently find a study environment where I can be productive.

a) Always b) Often c) Sometimes d) Never

II. MOTIVATION

I prepare realistic and achievable goals on a daily/weekly basis.

a) Always b) Often c) Sometimes d) Never

I remain focused when I have a lot of work to complete for my classes.

a) Always b) Often c) Sometimes d) Never

I prioritize my tasks when I have several things to do.

a) Always b) Often c) Sometimes d) Never

I find time every day to do something good for my health (relaxation, exercise, meditation, etc.).

a) Always b) Often c) Sometimes d) Never

I am comfortable asking for help when needed.

a) Always b) Often c) Sometimes d) Never

I am comfortable approaching my instructors in and out of class.

a) Always b) Often c) Sometimes d) Never

I do NOT allow my social life to interfere with my ability to be successful and reach my academic goals.

a) Always b) Often c) Sometimes d) Never

III. FOCUS/CONCENTRATION

I get easily distracted when the information presented in class or that I am reading is boring.

a) Always b) Often c) Sometimes d) Never

I get easily distracted no matter how interesting the information is.

a) Always b) Often c) Sometimes d) Never

I find a quiet spot to study that doesn't have distractions (like roommates or TV, Facebook/internet, etc.)

a) Always b) Often c) Sometimes d) Never

I become so nervous about my grade in the class that I can't fully focus on studying.

a) Always b) Often c) Sometimes d) Never

IV. SUPPORT NETWORK

I know at least one other student in each of my classes that I can turn to for assistance.

a) Yes b) No

I am comfortable with my roommate(s) or current living situation.

a) Always b) Often c) Sometimes d) Never

I visit with my academic adviser...

a) Rarely b) Once a semester c) Once a month d) More than once a month

I have someone who I can always turn to for help (i.e. counselor, friend, family, staff, professor, etc.)

a) Always b) Often c) Sometimes d) Never

My family encourages and supports my academic pursuits.

a) Always b) Often c) Sometimes d) Never

V. CLASS ATTENDANCE & PARTICIPATION

1. Do you attend classes regularly? Yes or No (circle one)

2. Do you think it is important to attend class? Yes or No (circle one)
a. Why or Why not?

3. What are the most common reasons that you miss class, if applicable?

4. The course I am most concerned about this semester is _____ . The reason(s) I am most concerned about this course is _____

VI. Self-Management

1. I believe that I need the greatest help in the following area(s) **(check as many as apply)**.

- | | | |
|------------------------|---------------------------|------------------------|
| _____ Time Management | _____ Motivation to study | _____ Critical Reading |
| _____ Exam Preparation | _____ Note taking | _____ Procrastination |
| _____ Goal Setting | _____ Stress Management | _____ Concentration |

Other

(Please explain 'other')

2. What do you hope to gain from your time with a Studying for Success consultant?

3. Fill in the blank after each statement, on a scale of 1 to 5 (5 being the highest level and 1 being the lowest level), how strongly do you feel...

- i. You will do well this semester. _____
- ii. You have control over how well you will do this semester. _____
- iii. Are motivated to make the changes necessary to have a successful semester. _____
- iv. You will create and carry out an academic plan (developed with your study skills coach).

- v. You are willing to ask for help from Professors/Teaching Assistants. _____
- vi. You are willing to ask for help from friends or classmates. _____
- vii. You will be able to say no to friends' invitations when you have an assignment or exam preparation deadline approaching. _____