**Academic Performance Self-Assessment**

Please use this form to identify some of the areas that may have affected your academic performance last semester. Circle all of the items that apply and bring this form to your next appointment with an Academic Support Coordinator. You can make an appointment online at: http://www.biology.colostate.edu/undergraduates/schedule-an-appointment/.

***(For your reference, you can match the numbers you circled with the resources and strategies for academic success on following pages.)*

Circle any/all that apply:

1. I spent too much time studying for one very difficult course and fell behind in everything else.
2. I felt I couldn’t keep up with the rest of the class.
3. I didn’t understand the lecture material.
4. I had difficulty doing well on exams, even though I thought I knew the material.
5. I needed extra help with my classes.
6. I procrastinated, and then I didn’t have time to finish my school work.
7. I didn’t keep up with the assigned readings.
8. I have a hard time writing papers.
9. I had a difficult time with math and science courses.
10. I took too many courses.
11. I didn’t attend class regularly.
12. I struggle with taking notes or I worry the notes I take are insufficient.
13. I studied notes from the class but still did poorly.
14. I missed classes because I was sleeping.
15. I had personal concerns that interfered with my ability to concentrate or complete my work.
16. I felt isolated, anxious, tired, depressed, and/or unable to focus on anything for sustained periods of time.
17. I had little or no motivation.
18. I had a crisis and/or emergency with family or friends.
19. I have or I suspect I have a learning disability.
20. I went out a lot with my friends to the extent that I couldn’t always focus on my schoolwork.
21. I don’t know why I am here or what I will do with a college degree.
22. I was sick for several weeks during the semester and I missed a lot of class and/or assignments.
23. I have no idea what to major in.
24. I should have dropped a class earlier, but I wasn’t sure how.
25. I have had difficulty finding the information & resources that I need.
26. I had financial pressures and/or worked too many hours at a job.
27. I have a difficult commute.
28. My classes were too big.
29. I had significant problems with my living situation.
30. I had problems with the instructor.
31. Other (explain below)
Using the attached resource list, please list three action steps that you plan to complete in order to improve your GPA and return to good academic standing. (For example, “I will attend tutoring sessions for Life 103 every Monday and Wednesday night).

1. ____________________________________________________________________________

2. ____________________________________________________________________________

3. ____________________________________________________________________________

**Resources and Strategies for Academic Success**

1-7. Support areas include:

**Learning Programs in The Institute for Learning and Teaching (TILT)**
Visit the TILT website for a list of tutorial resources and/or academic and study skills workshops
http://tilt.colostate.edu/learning/

**Learning Assistance Program (LAP)**
Aylesworth Hall NW, 491-6053
In the University Counseling Center for assessment of learning disabilities or study skills coaching
http://www.counseling.colostate.edu/services/academic/learning-assistance-center/index.asp

**Ask the Study Skillspert**
CSU Health Network (next to the Cashiers Office in the Lory Student Center).
Walk-in study skills help on Thursdays from 12-2pm http://wellness.colostate.edu/

**Tutorial Assistance**
Russell George Great Hall, TILT Bldg
Provides tutorial services for math, science and some liberal arts classes.
http://tilt.colostate.edu/learning/tutoring.cfm

**Tutoring @ Colorado State**
Find popular tutorials, private tutors, and free tutoring available on campus
http://tutoring.colostate.edu/

8. **The Writing Center**
Eddy 6, 491-0222, http://writing.colostate.edu/wcenter/
The Writing Center offers a free, confidential service with no appointment necessary to all writers within the CSU and Fort Collins community. Each session typically lasts about a half an hour. They also offer workshops through the semester.

9. **Science and Math Tutorials**
5-10 p.m., Sun- Thurs, Russell George Great Hall (2nd Floor in the TILT Building), 491-5365 or www.natsci.colostate.edu/tutoring/index.cfm or tutorial@lamar.colostate.edu
The Science and Mathematics Tutorial Hall is a welcoming environment for students to increase understanding of math and science. Our friendly staff is willing to clarify key concepts by answering questions, working through problems, and reviewing material.

PACe (Paced Algebra to Calculus electronically)
The PACe Tutoring Center in the Weber Building is staffed with graduate and undergraduate course assistants who provide walk-in tutoring for students taking the PACe minicourses. The tutors have been specially trained to help you learn pre-calculus mathematics.

10. Take a reasonable course load. Be realistic about the number and difficulty of courses you can handle given all of your responsibilities (school, work, family, life). Either register for fewer courses or reduce your responsibilities. Remember, you can discuss an appropriate course load for you with an Academic Support Coordinator.

11. Students need to attend class and take notes, even if attendance is not mandatory. Instructors often test on material that is not necessarily covered in posted class or PowerPoint notes and they can test over concepts that go beyond the book. Missing class means missing valuable information that you will need to know in order to do well on exams. In addition, listening to the professor and taking notes reinforces what you are reading outside of class.

12-13. Visit your professor during office hours to have them look over your notes and assess whether you are getting all the information needed. Attend a study skills workshop in TILT to learn about appropriate note-taking systems http://tilt.colostate.edu/learning/

14-20. Support areas include:
University Counseling Center
Aylesworth Hall NW, 491-6053, http://www.counseling.colostate.edu/
The University Counseling Center helps students achieve a satisfying growth experience during their time at the university. They offer counseling services, academic services, testing for learning disabilities, outreach, and prevention and substance abuse services.

Resources for Disabled Students
100 General Services Building, 491-6385, http://rds.colostate.edu/
Any student who is enrolled at Colorado State University and who self-identifies with RDS as having a disability is eligible for support. Support and services are offered to student with functional limitations due to visual, hearing, learning, or mobility disabilities as well as to students who have specific physical or mental health conditions due to epilepsy, diabetes, asthma, AIDS, psychiatric diagnoses, etc. Students who are temporarily disabled are also eligible for support and assistance.

DAY (Drugs, Alcohol and You) Program
239 Aylesworth Hall, 491-4693, http://www.day.colostate.edu/
The DAY Programs office consists of a wide spectrum of services designed to meet the needs of students who are facing issues related to alcohol and drug use.
21. Career Center
Lory Student Center, Lower Level, 491-5707, http://www.career.colostate.edu/
The Career Center offers workshops and individual counseling in career exploration and planning. By using the Career Center, students are better able to make effective career decisions.

22-25. Center for Advising and Student Achievement
The Institute for Learning and Teaching (TILT) Rm 121, 491-7095, www.casa.colostate.edu
CASA assists with major exploration and counseling regarding course and university withdrawals.

26. Student Financial Services
103 Centennial Hall, 491-6321, http://sfs.colostate.edu/
Student Financial Services provides information about financial aid and scholarship opportunities available to students. They also provide assistance with billing, student employment and tuition classification status.

27. Support areas include:

Off-Campus Life
Lory Student Center rm 195, 491-2248, www.ocl.colostate.edu
OCL assists students with living arrangements and transitions to living off-campus.

Adult Learners and Veteran Services
Lory Student Center, rm 195, 491-3977 www.adultstudents.colostate.edu or www.veterans.colostate.edu
Assists adult learners and veterans with the transition and adjustment to university life. Assists with veteran and student parent needs, resource referrals, scholarships and awards, and military culture impact and adjustment (short-term deployments).

28. Try to take at least one small class a semester. Your professor or instructor can be a great resource for study groups, tutoring, and other class support. Speak with her or him about concerns you have about class size, format, or pace. If the classes you need do not offer smaller sections, then make sure to visit your instructor (even TAs) during office hours to connect one-on-one.

29-30. Conflict Resolution and Student Conduct Services
Lory Student Center rm 200, 491-7165, http://www.conflictresolution.colostate.edu/
Conflict Resolution provides assistance to students for any issue and to faculty and staff on matters with students including advice and referrals: problem solving assistance, coaching: skills and mentoring to help people solve conflicts on their own, and mediation: facilitated conversation between willing parties who are in conflict.