

UMass College of Natural Sciences Academic Self-Assessment

Thank you for taking the time to fully answer each section of this self-assessment. We understand that there are many reasons students may struggle academically. The purpose of this form is to help us determine how best to support you in your success. Please complete this form *before* your appointment.

Section I

Preferred Name:	Date:
SPIRE ID:	Major:
Returning following (Check one): Probation Suspension Dismissal	

Section II

Which factors do you believe contributed to your academic challenges? (**Check all that apply**):

Excessive absences	Medical related crises/illness
Did not participate or participate enough in class	Financial issues/hardship
Poor time management skills	Personal/relationship problems
Late/missing assignments	Family challenges/concerns
Heavy course load/too many classes	Inadequate support system
Poor study habits	Mental health struggles
Inattentive/distracted in class	Work schedule/hours
Lack of motivation/interest	Substance abuse issues
Transportation challenges	Food/housing insecurity
Homesickness	Did not utilize resources available
Learning disability	Unsure how to balance school/work/personal life, etc.
Did not have course materials	Childcare concerns
Too many extracurricular activities	Did not have a dedicated location for studying and completing schoolwork
Other (please explain):	

Section III

Based on the factors that impacted your academics, what are three specific actions you will commit to change to promote your academic success? These should be concrete changes that you can track. **(Please list below):**

1.
2.
3.

Section IV

Even when things are difficult, we can often find something that went well (or at least not-as-bad). Please tell us something that you want to carry forward that you feel went well in your previous semester.

What do you feel went well last semester?

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What did you learn from what went well? How will you apply this knowledge to future semesters?

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Section V

Is there more you would like to tell us about your challenges during your last semester(s) at UMass?

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