

UMass College of Natural Sciences Academic Self--Assessment

Thank you for taking the time to fully answer 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 we can best support you. To allow us to best do this, **please complete this form before your appointment.**

Section I.

Preferred Name:	SPIRE ID#	Date:
UMass email:	Telephone #	Major:
Pronouns:	Returning following (select one): <div> <input type="checkbox"/> Probation <input type="checkbox"/> Suspension <input type="checkbox"/> Dismissal </div>	

Section II. Below are some factors that may have contributed to your poor academic performance.

Check those that apply to you.

Time Management:

- ☐ Poor Time management
- ☐ Working too many hours
- ☐ Have a problem concentrating
- ☐ Too many courses
- ☐ Too much time socializing
- ☐ Too much screen time

Direction/motivation:

- ☐ Poor choice of major
- ☐ Unsure of interests and direction
- ☐ Difficulty adjusting to UMass
- ☐ Poor academic advising
- ☐ Have not sought advising
- ☐ Not interested in college

Study Skills and Habits:

- ☐ Poor study habits
- ☐ Poor writing skills
- ☐ Learning disability or possible learning disability*
- ☐ Don't know how to take notes
- ☐ Difficulty with multiple--choice exams
- ☐ Difficulty with essay exams
- ☐ Skipping classes
- ☐ Unsure how to study
- ☐ Not seeking help from TAs/Professors
- ☐ Difficulty reading
- ☐ Did not purchase/rent textbooks
- ☐ Did not read course material
- ☐ Study too infrequently

Personal:

- ☐ Financial problems
- ☐ Roommate difficulties
- ☐ Legal issues
- ☐ Physical illness (self)
- ☐ Physical illness or loss (immediate family)
- ☐ Loneliness/homesickness
- ☐ Pressure, stress, anxiety
- ☐ Work problems
- ☐ Relationship problems
- ☐ Unhappiness
- ☐ Drug or alcohol use/abuse
- ☐ Sleep problems
- ☐ Food Insecurity
- ☐ Housing insecurity
- ☐ Other: (Please list)

Are you registered with disability services? Yes No

Section III. Referring to the items you checked above including other factors that affected your performance, describe how the most important of these items impacted your academics. How you might solve or reduce the impact of these items in the future. Write your responses below (attach additional pages, if necessary.)

What went wrong?	How will you respond to this factor? What resources might you use in the future (see resources below)?

If so, what might be your new major?

Section IV. Even when things are difficult, we can often find something that went really well (or at least not-as-bad), please tell us something that you want to carry forward.

What is something that went well last semester?	What did you learn and how will you apply that this semester?

Together with your CNS Advisor discuss and commit to certain actions for the current semester.

What?	When? (dates, follow-up meetings, etc.)	Resources
Meet with CNS Advisor:	_____time(s) by_____ (date)	
Meet with Major Advisor	By (Date):	
Target GPA:		
Other:		

Student Signature _____ Date _____

Reminders:

- Review your course schedule with your major advisor each semester. Do not make changes in your schedule without seeking advice.
- Monitor classes closely during add/drop period. Keep your workload manageable. Drop classes if necessary (maintaining full--time status of 12 credits unless a registered part--time student).
- Do not add a new class after the first week of the add/drop period (unless advised to do so); you will be behind from the beginning.
- Remember the mid--semester withdrawal date (Date this semester: **March 29, 2021**). Withdraw from a class if you are doing very poorly before the withdrawal deadline!
- Switching a course to pass/fail (one course per semester ---electives only – no major requirements or Gen Eds) can only be done until the mid--semester date. (Date: **March 29, 2021**)
- **You can repeat a class only once without a dean's permission.** Permission for a "three---peat" is only given in the case of compelling, documented extenuating circumstances. Be sure you are ready to excel if you take a course a second time.