Academic Self-Assessment

Complete this assessment and be prepared to discuss these topics with your academic advisor. The goals of the meeting with your advisor include:

- Identify obstacles from the previous semester that impacted your academic success.
- Review impact of academic probation status on progress towards graduation, financial aid, and GPA.
- Build a working relationship between you and your academic advisor.
- Determine appropriate courses and support resources for new semester.

Student Information

<table>
<thead>
<tr>
<th>Name:</th>
<th>Semester GPA:</th>
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<tr>
<td>ID #:</td>
<td>Cumulative GPA:</td>
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<tr>
<td>Major:</td>
<td>GPA Needed:</td>
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Please be completely honest when filling out this self-assessment

1. Are you on: ☐ Academic Probation ☐ Academic Drop ☐ Just worried about academics

2. Do you know your cumulative GPA? ☐ No ☐ Yes If yes, what is it? __________

3. Do you work? ☐ No ☐ Yes If yes, how many hours per week? ______________

4. Are you familiar with what it means to be on Academic Probation and the consequences if you don’t make progress this semester? ☐ No ☐ Yes

5. On a scale from 1 – 5, how concerned are you about being on Academic Probation?

<table>
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<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
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<tbody>
<tr>
<td>Somewhat Concerned</td>
<td>Moderately Concerned</td>
<td>Concerned</td>
<td>Very Concerned</td>
<td>Extremely Concerned</td>
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What concerns and/or questions do you have about your current academic status?

_______________________________________________________________________________________

_______________________________________________________________________________________

_______________________________________________________________________________________

_______________________________________________________________________________________
After reflecting on your academic performance, what obstacles impacted your grades or academic performance?

Check all that apply and circle the top three obstacles that have impacted your academic progress.

**Academic**
- ☐ Did not attend all classes or labs
- ☐ Did not maintain communication with instructors regarding progress
- ☐ Did not seek support from instructors, advisors, or support services
- ☐ Did not regularly study
- ☐ Don’t know how to study or study approach doesn’t work
- ☐ Did not complete or submit assignments on time
- ☐ Classes weren’t interesting
- ☐ Classes were too hard
- ☐ Did not ask for help
- ☐ Poor time management
- ☐ Struggle with writing skills
- ☐ Struggle with math skills
- ☐ Struggle with reading course material
- ☐ Take unhelpful class notes
- ☐ Did not have required textbooks or class materials
- ☐ Felt class placements were incorrect
- ☐ Felt classes weren’t important to personal goals
- ☐ Uncomfortable with instructor(s)
- ☐ Did not check UWM email for class or campus updates

**Major / Career**
- ☐ Uncertain about major/metamajor
- ☐ No longer like major or plan
- ☐ No clear career goals or academic interests
- ☐ Not sure why I’m in school
- ☐ UWM isn’t what I expected

**Personal / Outside of Class**
- ☐ Financial difficulties
- ☐ Difficulty sleeping at night
- ☐ Use of alcohol or other substances
- ☐ Need help with note taking
- ☐ Problems with test taking
- ☐ Pressure, stress, and/or anxiety
- ☐ Involvement in campus activities or athletics
- ☐ Trouble staying motivated for class
- ☐ Problems at work
- ☐ Homesickness
- ☐ Feel isolated or alone on campus
- ☐ Roommate issue(s)
- ☐ Family issue(s)
- ☐ Relationship issue(s)
- ☐ Personal situation
- ☐ Other:

List your three most significant obstacles.

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<th>Obstacle 1</th>
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