

Figure 1. Self-Assessment

Date:

(5 is highest)

How have you performed in the following academic skill areas in previous semesters:

Reading 1 2 3 4 5

Time Management 1 2 3 4 5

Organization 1 2 3 4 5

Test-Taking 1 2 3 4 5

Studying 1 2 3 4 5

For those that are not "5," what do you feel would help you get to a "5"?

How do you feel about your performance in past courses?

1 2 3 4 5
How do you feel about yourself as a student?

1 2 3 4 5
What do you feel you need the most Academic support with?

What new goals do you wish to make for the semester? What support do you need to achieve these goals?

Note: Taken from *16 Weeks to College Success* by G. Burkart (2010), Kendall Hunt Publishing Company, Dubuque, IA.