

Figure 2. Self-Assessment

Date:

## Self-Assessment

(5 is highest)

### 1. How are you feeling about your skills in the following areas:

**Reading**

1      2      3      4      5

**Writing**

1      2      3      4      5

**Note-Taking**

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

**Oral Communication**

1      2      3      4      5

**Studying**

1      2      3      4      5

**Motivation**

1      2      3      4      5

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

Which skill areas have most impacted your success in the past? How can this course help?

### 2. How do you feel about taking this course? Why?

