Academic Self-Assessment

In an effort to help you improve your academic performance, we ask you to complete and bring this assessment to your first appointment with your advisor.

Check any of the following factors that apply to LAST semester, but also make note of any that continue to affect your ability to do well in your courses.

Class/Study Concerns:
___ Harder-than anticipated classes
___ Weak high school preparation in some areas
___ Difficulty managing time/procrastination
___ Unbalanced semester course load
___ Inadequate study strategies
___ Other

Family/Social Adjustment:
___ Adjustment to living at WSU
___ Adjustment to living in America
___ Separation from home, family, friends
___ Housing/roommate issues
___ Home or family problems
___ Difficulty making friends
___ Other

Career/Major Issues
___ Unsure of choice of major
___ Major was chosen for me by others
___ Unable to decide between majors
___ Uncertain career goals or plans
___ Unsure of interests, skills and abilities
___ Other

Other Person Issues
___ Financial difficulties
___ Demanding employment schedule
___ Physical health problems/injury
___ Use of alcohol/drugs
___ Stress and anxiety
___ Loneliness
___ Lack of motivation
___ Other

Student Name: ___________________________ ID #________________