

## **Reflection and Self-Assessment: Factors Contributing to My Academic Performance**

There are many factors that contribute to poor academic performance. Read the list below and check the habits and behaviors that contributed to your academic difficulty last semester. Please approach this list in a truthful and objective frame of mind! Take a step back, and view your daily behaviors from an outside perspective.

1.  I spent less than 10 hours a week on academics outside of class.
2.  I did not have the skills to take effective notes from lectures.
3.  I have poor test-taking skills.
4.  I did not have the skills to comprehend and learn from textbooks.
5.  I did not have the skills to write effective papers, reports, and test answers.
6.  My anxiety and tension interfered with my performance on tests.
7.  I felt that classes I was taking were not a valuable use of my time.
8.  I was not motivated to study and complete assignments because I am unsure of my educational and career goals.
9.  I feel like I cannot earn high grades no matter how much I try.
10.  I did not set up a time management plan to budget my time.
11.  My job interfered with my academic priorities.
12.  I had trouble adjusting to university life.
13.  I put off studying until the night before the test and attempted to “cram”.
14.  I skipped classes.
15.  My use of alcohol and/or other drugs interfered with my class attendance and ability to perform academically.
16.  I had problems with my roommate(s).
17.  I had personal problems with my family.
18.  I had health issues or problems.
19.  I had problems with relationships.
20.  I had difficulty learning specific course material. Please specify course names: \_\_\_\_\_  
\_\_\_\_\_
21.  Other, please specify:

## Resources to Assist You

If you checked 1, 7, 8, 9, 11, 12, 14, 15, 16, 19, or 20, you can use help with **Time Management**. Follow the advice provided on the Student Success Center's website at <http://www.pnc.edu/ssc> to learn how to better manage your time.

If you checked 2, 3, 4, 5, 6, 14, or 20, you need help improving your **Study Skills**. Visit the Student Success Center, LSF Building – 2<sup>nd</sup> Floor, <http://www.pnc.edu/ssc> for assistance. You can also find great tips on these websites:

<http://www.dartmouth.edu/admin/acskills/success.index.html>

<http://www.ucc.vt.edu/stdysk/stdyhelp.html>

<http://www.iss.stthomas.edu/studyguides>

<http://www.adm.uwaterloo.ca:80/infocs>

<http://www.eop.mu.edu/study/index.html>

[http://www.ohiou.edu/writing/student\\_resources.htm](http://www.ohiou.edu/writing/student_resources.htm)

<http://www.english.purdue.edu/handouts/index.html>

<http://euler.slu.edu/dept/SuccessinMath.html>

If you checked 1, 6, 7, 8, 9, 11, 12, 14, 15, 18, or 19, you need help **managing nonacademic factors** that are affecting your academic pursuits. Visit the Dean of Students Office, LSF Building – 1<sup>st</sup> Floor, <http://www.pnc.edu/sa/counsel.html> offers a range of services that can help you. You can also find great tips on these websites:

<http://academictips.org>

<http://ub-counseling.buffalo.edu/stresstestxiety.shtml>

If you checked 4, 5, 6, or 9, and you feel you may have a **learning disability or a handicap** that affects your academic ability, you should visit the Student Support Services Office, LSF 027, (219) 785-5312, <http://www.pnc.edu/depts/s3/index.html>.

If you checked 7 or 8, you may need help **finding a major or career path**. The Office Career Development, LSF Building – 1<sup>st</sup> Floor, (219) 785-5498, can help. The Office of Career Development can assist you with finding a career direction. Visit their website at <http://www.pnc.edu/depts/careers/index.html>.

If you marked 16, you need help with **getting involved** with student activities. Contact the Office of Student Activities, LSF 78, (219) 785- 5479, or <http://www.pnc.edu/activities/index.html>