University of Minnesota  
Martin Luther King Jr. Program  
Academic Self-Assessment

You are on probation because you have not met CLA’s academic standards. We hope that this assessment form will help you to focus on your own personal situation and to consider actions that will help you succeed. This form must be completed before you can meet with an advisor to have a probation hold released.

I. Study Skills – Read the following statements carefully. On the scale below identify the frequency in which you engage in the stated behavior.

1. I have the next class’s reading assignment completed before that class.
   a) Always  b) Often  c) Sometimes  d) Never
2. I normally wait until a test or exam is scheduled before reading textbooks or reviewing lecture notes.
   a) Always  b) Often  c) Sometimes  d) Never
3. My lecture notes prepare me adequately for quizzes, tests and exams.
   a) Always  b) Often  c) Sometimes  d) Never
4. I have difficulty preparing for quizzes or tests because I have trouble predicting what will be on them.
   a) Always  b) Often  c) Sometimes  d) Never
5. I generally depend on last minute cramming to do well on quizzes or tests.
   a) Always  b) Often  c) Sometimes  d) Never
6. I have used resources such as Study Skills workshops, Instructors, or TA’s.
   a) Always  b) Often  c) Sometimes  d) Never
7. Based on your responses to the above statements, list the skills that you think you need to improve upon in order to have a more successful semester.
_____________________________________________________________________________________

II. Time Management
1. How much time (did) do you spend each week on:

   - Fall 2005
     _____ Studying (Monday through Friday)
     _____ Studying (Saturday and Sunday)
     _____ Working at a paid job
     _____ Other commitments: describe_____________________

   - Spring 2006
     _____ Studying (Monday through Friday)
     _____ Studying (Saturday and Sunday)
     _____ Working at a paid job
     _____ Other commitments: describe_____________________

2. Did you have trouble finding enough time for studying in the fall? ____ Yes ____ No
   - If yes, how have you changed your time commitments this spring to allow for more study time?
     __________________________________________________________________________

III. Attendance
1. Did you attend class regularly during the Fall 2005 semester? ____ Yes ____ No
2. Have you been attending classes regularly this spring semester? ____ Yes ____ No
3. Indicate below how many classes you have missed in each of your courses this semester. In the last column list the courses with attendance policies.

<table>
<thead>
<tr>
<th>Course</th>
<th># of classes missed</th>
<th>attendance policy</th>
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4. What have you done to make up for missed coursework?
   - ______ Copied other students’ notes/materials
   - ______ Consulted with the professor
   - ______ Nothing
   - ______ Other (please specify) ________________________________

IV. Health and Personal Concerns
1. How many days of class have you missed due to illness or personal concerns?
   - ______ Fall 2005
   - ______ Spring 2006

2. List any steps you have taken or are taking to resolve these issues.

V. Living Arrangements
1. Think about your living arrangements for last semester:
   My living arrangements were an obstacle to my studying.
   - a)Always  b)Often  c)Sometimes  d)Never

2. What steps are you taking if any to make these living arrangements more conducive to your study habits?

VI. Area of study
1. Please read each of the following statements and check any that is true of you. If there are blanks for any of the statements you check, please complete them.
   - _____ I have definitely decided on the following major: _____________________
   - _____ I am undecided between two or more majors. ____________ or _____________
   - _____ I am totally undecided about what major I should choose.

2. Throughout your academic career, in which courses have you been most successful?
   - 2a. Do these courses apply to your area of study? _____Yes _____No

3. Throughout your academic career, in which courses have you been unsuccessful?
   - 3a. Do these courses apply to your area of study? _____Yes _____No

4. After completing the above section on “Area of Study,” how confident are you about doing well in the major you’ve chosen? (5 is extremely confident and 1 is not at all confident)

   5 4 3 2 1
VII. Semester Progress

Please complete the following grid with the information you have regarding your classes this spring semester.

<table>
<thead>
<tr>
<th>Course Name</th>
<th># of Tests taken so far</th>
<th>Grades in each test</th>
<th># of Papers and/or Assignments</th>
<th>Grades in each paper/assignment</th>
<th>Estimated grade in Course</th>
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VIII. Comments:
1. Having completed this self-assessment, list 3-4 behaviors that you have begun to do or that you have changed, which will increase the likelihood of a successful academic semester.

2. What courses are you planning on taking next semester?

<table>
<thead>
<tr>
<th>course</th>
<th>registration number</th>
<th># of credits</th>
<th>fulfills what requirement?</th>
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3. Any additional comments or concerns.