Academic Intervention Self-Assessment

Complete this assessment, print it and be prepared to discuss these topics with your academic advisor. You must bring this document to the meeting with your academic advisor within the first 7 days of class. The goals of the meeting with your advisor include:

- Evaluating current class schedule and making changes as needed,
- Identifying challenges from the previous semester that impacted your academic success,
- Meeting the academic standards required to continue your studies at UNCW.

Name: _________________________________  Student ID: ______________________________

Major: _________________________________  Cumulative GPA: _______ Semester GPA: _______

Cumulative Number of Credits: _____________  Number of Credits currently enrolled in: _______

E-mail: _________________________________  Academic Advisor: ___________________________

A. Students on academic warning or probation often need to retake courses from previous semesters or make other adjustments to their class schedule for the current semester. Please complete the chart below to assist you and your advisor in evaluating your current class schedule.

<table>
<thead>
<tr>
<th>Previous Semester Courses</th>
<th>Grade</th>
<th>Current Semester Courses</th>
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B. In reviewing your academic performance, what challenges have impacted your grades? ➋ Mark all that apply and circle the top 3 obstacles that have impacted your academic progress.

**Academic**

- Ineffective study skills
- Undeveloped time management skills
- Unprepared for exams
- Poor high school preparation
- Difficult classes/not prepared for course level
- Unable to understand course content/relevance
- Unable to understand professor/conflict with prof
- Hard to concentrate/daydreaming
- Registered for too many classes
- Did not attend/skipped class

**Personal/Other**

- Financial difficulties
- Health problems
- Excessive time spent online(gaming, Facebook, etc.)
- Hard to get out of bed in the morning
- Use or abuse of alcohol or other substance(s)
- Possible learning disability
- Difficulty sleeping at night
- Pressure, stress, anxiety or tension
- Over-involved with extra-curricular activities
- Lack of motivation/discipline
- Working too much (# Hours/Week ______)

**Major/Career**

- Uncertain of major
- Unsure of interests, skills, abilities
- No clear career goals or plans
- Not sure why I’m in school
- UNCW may not be the place for me

**Family/Social Adjustment**

- Hard to make friends/loneliness
- Roommate or relationship issues
- Personal/family situation
- Separation from family, friends, home
- Difficulty adjusting to college life

Other factors not listed above:
C. Now, explain in detail the **three most significant challenges** that affected your academic performance.

<table>
<thead>
<tr>
<th>Challenge</th>
<th>Explain each challenge’s impact on your success.</th>
<th>How can you overcome the challenge?</th>
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D. What are some of your personal strengths and skills? How could these talents assist you with overcoming your challenges?

**Plan of Action**

E. Think about a plan of action for getting the semester off to a strong start. Include meetings with your advisor & instructors, tutoring, and other resources. Discuss this plan with your advisor who can offer additional ideas. *Keep a copy of this assessment for future advisor meetings.*

<table>
<thead>
<tr>
<th>Goal</th>
<th>Action Plan (dates, follow-up meetings, etc.)</th>
<th>Available Resources (Choose one from this list of options.)</th>
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