

## 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.

Previous Semester Courses	Grade	Current Semester Courses

**B.** In reviewing your academic performance, what challenges have impacted your grades?  **Mark all** that apply and **circle the top 3** obstacles that have impacted your academic progress.

<p><b>Academic</b></p> <p>___ Ineffective study skills</p> <p>___ Undeveloped time management skills</p> <p>___ Unprepared for exams</p> <p>___ Poor high school preparation</p> <p>___ Difficult classes/not prepared for course level</p> <p>___ Unable to understand course content/relevance</p> <p>___ Unable to understand professor/conflict with prof</p> <p>___ Hard to concentrate/daydreaming</p> <p>___ Registered for too many classes</p> <p>___ Did not attend/skipped class</p> <p><b>Major/Career</b></p> <p>___ Uncertain of major</p> <p>___ Unsure of interests, skills, abilities</p> <p>___ No clear career goals or plans</p> <p>___ Not sure why I'm in school</p> <p>___ UNCW may not be the place for me</p>	<p><b>Personal/Other</b></p> <p>___ Financial difficulties</p> <p>___ Health problems</p> <p>___ Excessive time spent online(gaming, Facebook, etc.)</p> <p>___ Hard to get out of bed in the morning</p> <p>___ Use or abuse of alcohol or other substance(s)</p> <p>___ Possible learning disability</p> <p>___ Difficulty sleeping at night</p> <p>___ Pressure, stress, anxiety or tension</p> <p>___ Over-involved with extra-curricular activities</p> <p>___ Lack of motivation/discipline</p> <p>___ Working too much (# Hours/Week _____)</p> <p><b>Family/Social Adjustment</b></p> <p>___ Hard to make friends/loneliness</p> <p>___ Roommate or relationship issues</p> <p>___ Personal/family situation</p> <p>___ Separation from family, friends, home</p> <p>___ Difficulty adjusting to college life</p>
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**Other factors not listed above:**

C. Now, explain in detail the **three most significant challenges** that affected your academic performance.

Challenge	Explain each challenge's impact on your success.	How can you overcome the challenge?
1.		
2.		
3.		

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.

Goal	Action Plan (dates, follow-up meetings, etc.)	Available Resources
1.		
2.		
3.		
4.		

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