My Academic Challenges

1. Which of the following are reasons for your academic difficulties?

- [ ] Not attending classes.
- [ ] Not personally motivated to do well in college.
- [ ] Not studying enough (On average, how much time do you spend studying a week? _______)
- [ ] Trouble keeping up with coursework (homework and reading).
- [ ] Poor study skills (cramming vs. studying, reading, reviewing, memorizing).
- [ ] Poor test taking skills (test anxiety, inability to concentrate, unprepared).
- [ ] Not academically prepared for your courses or not understanding the material in your courses.
- [ ] Outside influences (gambling/gaming, computer/video games, TV, Internet, alcohol/drugs).
- [ ] Social distractions and/or extra curricular activities (clubs, partying, athletics).
- [ ] Work schedule is too busy (not enough time for school).
- [ ] Financial difficulty (inability to take lighter course load/longer to graduate, delayed registration).
- [ ] Family responsibilities (caring for children, parents/grandparents, siblings).
- [ ] Personal/emotional issues (relationships, grief issues, feeling depressed).
- [ ] Health concerns (sleeping habits, eating habits, illness, medical issues).
- [ ] Inadequate support system (friends, family, staff, instructors).
- [ ] Choice of major (in wrong major; major is too difficult; don’t see how studies connect to interests).
- [ ] Unclear professional/career goals.

Other: ____________________________________________

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II. What specific strategies do you plan to implement this semester to ensure your academic success?

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Print Neatly!

Name: ________________________________  Person Number: ____________________

UB IT Name: ________________________  Date: ________________________________

Your “AA!” Service Indicator/Advisor Hold will be removed within one class day.

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