My Academic Challenges

I. 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 “AA1/SEAS” Service Indicator/Advisor Hold will be removed within one class day.

For Office Use Only:

Processed by: _____________________  Date: _____________________