



College of Health and Human Services
UNC CHARLOTTE

Academic Success

Let's start with the positive. Reflecting on last semester and your experiences prior to UNC Charlotte, what are some of the ways in which you performed well? What goals/actions are you most proud to have accomplished? How did you succeed in your accomplishments?

Academic Difficulty

Now, take a moment to reflect on the factors that may contribute to, or you believe *will impede* your good academic standing at UNC Charlotte. Check all that apply.

- | | | |
|--------------------------------------|-----------------------------------|---|
| Anxiety about failure | Inappropriate course selection | Test-taking problems |
| Cramming for exams | Inconsistent sleep schedule | Too many credit hours |
| Did not obtain a syllabus | Job conflicts/heavy work schedule | Uncertain about academic goals |
| Did not obtain textbooks | Loneliness | Uncertain about what is important when studying |
| Difficulty concentrating on homework | Not talking to instructor/TA | Unprepared for class |
| Family issues | Poor class attendance | Unrealistic choice of course |
| Financial difficulty | Poor time management | Unsure about how to study |
| Health Issues | Relationship issues | Other _____ |
| Inadequate reading of textbooks | Roommate issues | |
| | Social distractions | |

The top three factors that I believe *may* create academic difficulty for me include:

1. _____ 2. _____ 3. _____

Identifying Resources

Please identify the areas in which you might need assistance. Your advisor will use this information to suggest resources that may be beneficial to you.

- | | | |
|------------------------------|-------------------------|--------------------|
| Career exploration | Math skills | Study skills |
| Choosing a major | Overcoming test anxiety | Test taking skills |
| Dealing with personal issues | Reading skills | Time management |
| Lifestyle changes | Stress management | Writing Skills |

Goal Setting

Please identify 2-4 goals you would like to accomplish this semester.

1. _____ 3. _____
2. _____ 4. _____