**Self - Reflection Checklist**

Complete this form before meeting with your adviser. Email it to your adviser or print and bring it with to your advising appointment.

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| --- | --- |
| Name | Click or tap here to enter text. |
| Email | Click or tap here to enter text. |
| Please use an email address you check regularly. Ideally, this will be your Penn State email address |

**Directions: Select all that apply on page 1 and 2.**

Section 1: Motivation: Section 3 (continued):

[ ]  Most of the time, I find it difficult to motivate myself to study.

[ ]  I have trouble concentrating on my work because I’m thinking about other things.

[ ]  I don’t know why I am here.

[ ]  I’m not motivated.

[ ]  It is more important to my family than to me that I’m at Penn State.

[ ]  I find it difficult to go to class regularly.

[ ]  I prefer to do more interesting activities than study.

Section 2 - Direction and Goals:

[ ]  I don’t enjoy my classes.

[ ]  My courses don’t seem relevant to my goals.

[ ]  I don’t know what I can do with my major.

[ ]  I worry because my classmates seem to know what they want to do with their lives and I don’t.

[ ]  I am afraid to commit myself to any one major.

[ ]  What I think I’d like as a career doesn’t fit in with what my family or others expect of me.

[ ]  I can’t (or might not be) admitted to the major I want.

[ ]  Penn State doesn’t offer a defined major for the field I’d like to study.

[ ]  I keep changing my mind about what major I want.

[ ]  I don’t know what to major in.

[ ]  I’m unsure of my interests, skills, and abilities.

[ ]  I thought I knew what I wanted to study, but I haven’t been successful in the required courses.

Section 3 - Adjustment to College:

[ ]  Now that I’m on my own, I have trouble planning my time.

[ ]  Everything is so big and impersonal; I feel anonymous.

[ ]  College is much more rigorous than my high school.

[ ]  My background did not prepare me well academically.

[ ]  I commute to campus and do not feel a part of the University community.

[ ]  I haven’t found any student groups or activities that interest me.

[ ]  I’ve been discouraged by poor grades.

[ ]  I miss my friends and family back home.

[ ]  I don’t like the people or environment here.

[ ]  I haven’t been in school for a while, and it is tough being a student again.

[ ]  I’m taking too many courses, and I’m not used to the workload.

[ ]  I have trouble navigating technology/computers.

Section 4 - Personal Issues:

[ ]  I feel tired all the time and have no energy.

[ ]  I have trouble sleeping or sleep too much.

[ ]  I’m developing poor eating habits.

[ ]  I have felt tense and anxious.

[ ]  I have felt very sad, unhappy, and low a lot of the time.

[ ]  I find my mind is constantly racing.

[ ]  I’ve been bothered by problems with my family, roommates, significant other/friends.

[ ]  I have health/medical problems that interfere with my studies.

[ ]  I’m concerned about finances for college.

[ ]  I am having housing problems.

[ ]  I’m concerned about work.

[ ]  I’m concerned about failure to meet SAP (Satisfactory Academic Progress) for financial aid.

[ ]  I have family responsibilities (parents, children, etc.)

[ ]  My use of alcohol or drugs is interfering with my choices.

[ ]  I have a learning disability.

[ ]  I find Penn State is VERY culturally different than what I am used to.

[ ]  I suffered from a traumatic event.

Section 4 (continued):

[ ]  I have other personal, private issues.

[ ]  English is not my first language; I have trouble with it.

Section 5 - Study Skills:

[ ]  I can’t find a quiet enough place to study.

[ ]  I’m embarrassed to talk to my instructor or TA when I get poor grades on a paper or test.

[ ]  I don’t know how to make a study plan that works.

[ ]  I think I study ineffectively.

[ ]  No matter how hard I study, I can’t seem to do well.

[ ]  I study the wrong things for the exam.

[ ]  I have trouble with a particular subject.

[ ]  Even though I know the material, I panic on exams and do poorly.

[ ]  I read slowly and rarely get my reading assignments done.

[ ]  I don’t know how to take good lecture or reading notes.

Section 6 - Time Management:

[ ]  I usually do things at the last minute.

[ ]  I find that other activities and interests take up time in place of studying.

[ ]  I don’t have enough time to study or get involved in activities here.

[ ]  I’m always behind in my work and never seem to catch up.

Section 6 (continued):

[ ]  I stay up late most nights and sleep late into the morning.

[ ]  I’m overly involved with student organizations, my sorority, or fraternity.

[ ]  I spend too much time on the computer/Netflix/video games/electronic media.

[ ]  I procrastinate when I have work to do.

Section 7 - Obstacles/Fears:

[ ]  I’ve lost my self-confidence and wonder if I’m as smart as most of the students here.

[ ]  I’m uncomfortable admitting to anyone that I need help.

[ ]  I am concerned I won’t be able to finish school.

[ ]  I am concerned I won’t be able to find a job when I graduate.

[ ]  I strive really hard to do well. It bothers me when my work is less than perfect.

[ ]  I am afraid of failure.

[ ]  Success scares me; I am afraid of it.

[ ]  I am afraid of disappointing my loved ones.

[ ]  I am afraid of disappointing myself.

[ ]  I find making decisions really hard.

[ ]  I fear making mistakes.

[ ]  I’m afraid of tasks being too difficult.

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| --- |
| Do you feel there were conditions out of your control that led to Academic Difficulty? Please explain. |
| Click or tap here to enter text. |
| What could you have done differently? |
| Click or tap here to enter text. |

* On average how many hours a week ***outside of class*** do you spend on academics?

Click or tap here to enter text.

 (e.g. studying, reading, working on projects, etc)

* Answer the following questions with 10 being the most important, the most ready, and the most confident and 1 being the least.

|  |  |
| --- | --- |
| How important is changing your habits to your academic success? | Choose an item. |
| How ready are you to make changes?  | Choose an item. |
| How confident are you that you will be able to make changes?  | Choose an item. |