

College Success Assessment

Name: _____

Local phone number: _____ Active E-mail address: _____

Local mailing address _____

- Learning through our mistakes is not the easiest path, but it is familiar to many successful people.
- Crossing the road that links failure to success will require you to take full responsibility for your learning, motivation and all of the commitments that you make as a student.
- Change begins now.

Below are several categories of items that may influence your success at Eastern. Please read each item and consider it carefully. The information you share may be used by professionals at Eastern to design follow up programs addressing your specific concerns. You will be invited to attend follow up sessions but they will not be mandatory.

Check all items that apply to you.

I. Personal factors that are affecting my academic performance:

- poor health
- family pressures
- financial problems
- easily distracted by friends
- too many commitments
- change in a relationship with someone special to me
- lack of confidence in my abilities
- loneliness
- Other _____

II. EOU services that I have used:

- Academic advising.
- Learning Center/Group Study Sessions/Math Lab.
- A quiet place to study.
- Classmates to work with when I need study partners. _____
- My professors whenever I need personalized attention, a progress report or answers to questions.
- A counselor or other professional on campus regarding my test-taking or other anxieties.
- Career Services to learn about opportunities, such as methods to help me define a career goal.
- Library staff for assistance when struggling to perform research for a class.
- The assistance of a Learning Center writing tutor before submitting a paper.
- The Financial Aid Office about aid that may allow me to work fewer hours and focus more on my studies.
- Other _____

III. Areas that may help me bring out my best performance:

Lighten my course load.

Allow myself enough time outside of classes to meet the requirements of my courses.

Choose courses in which I have appropriate background.

Reconsider my choice of major.

Select a new advisor.

Other _____

IV. Areas where I need to improve to achieve success:

Follow through with class assignments.

Come to class prepared.

Take notes that will enhance my studying.

Concentrate in class.

Use a Daily Planner to help me organize my time and activities, and categorize my priorities.

Think about success instead of failure while learning or test taking.

Learn, understand and practice the information rather than simply memorizing it.

Discover what is important to learn in my classes.

Complete reading assignments in a thorough, timely manner.

Participate in class discussions or other activities.

Attend all classes.

Other _____

V. Factors that have a negative influence on my educational performance at Eastern:

I am not sure why I am in college.

I am not sure I want to be in college.

I only want to take classes that interest me.

Learning is not one of my priorities now.

I find it difficult to feel motivated without my family and friends' support.

I haven't made any friends at Eastern.

I am unsure as to how college fits my long-term goals.

I am in college only because I was expected to enroll.

I have not learned to control the stress that college brings into my life.

Other _____

SUCCESS PLAN

First, I will review some of the difficulties that I identified in the self-assessment.

Second, I will list at least 5 specific ways to reach my potential as a successful student at Eastern.

Third, I will put this plan into action this week.

(Examples: ask questions in class, sit in the front row of all classes, make an appointment with the Counseling Center to discuss a learning or personal problem, study X number of hours each day, exercise daily, sleep well every night, get ahead on class readings, attend all classes always, make a daily to-do list and stick to it...)

I would like the following assistance in reaching the goals listed above (check one or more):

Periodic phone calls from a faculty or staff member whom I met tonight. _____
(name)

Periodic e-mail communication from a faculty or staff member.

Periodic visits with a faculty or staff member.

"Support group" meetings with students whom I met tonight.

Other (Please describe) _____

Signed:

(Student) (Date)

(Facilitator)

LEAVE THIS WITH THE LEAD FACILITATOR – WE WILL MAIL YOU A COPY WITHIN A FEW DAYS.