

Reflection and Self-Assessment

Factors Contributing to My Academic Performance

There are many factors that contribute to poor academic performance. Read the list below and check the habits and behaviors that contributed to your academic difficulty last semester. Please approach this list in a truthful and objective frame of mind! Take a step back, and view your daily behaviors from an outside perspective.

1. ____ I spent less than 10 hours a week on academics outside of class.
2. ____ I did not have the skills to take effective notes from lectures.
3. ____ I have poor test-taking skills.
4. ____ I did not have the skills to comprehend and learn from textbooks.
5. ____ I did not have the skills to write effective papers, reports, and test answers.
6. ____ My anxiety and tension interfered with my performance on tests.
7. ____ I felt that classes I was taking were not a valuable use of my time.
8. ____ I was not motivated to study and complete assignments because I am unsure of my educational and career goals.
9. ____ I feel like I cannot earn high grades no matter how much I try.
10. ____ I did not set up a time management plan to budget my time.
11. ____ My job interfered with my academic priorities.
12. ____ I had trouble adjusting to university life.
13. ____ I put off studying until the night before the test and attempted to “cram”.
14. ____ I skipped classes.
15. ____ My use of alcohol and/or other drugs interfered with my class attendance and ability to perform academically.
16. ____ I had problems with my roommate(s).
17. ____ I had personal problems with my family.
18. ____ I had health issues or problems.
19. ____ I had problems with relationships.
20. ____ I had difficulty learning specific course material. Please specify course names:
_____, _____, _____
21. ____ Other, please specify:

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Resources to Assist You

-If you checked 1, 7, 8, 9, 11, 12, 14, 15, 16, 19, or 20, you can use help with **Time Management**. Please visit Student Success Services located in the Health Science Building 203, or make an appointment by calling 406.496.4878.

-If you checked 2, 3, 4, 5, 6, 14, or 20, you need help improving your **Study Skills**. Visit Student Success Services, Health Science Building 203. You can also find great tips on these websites:

<http://www.academictips.org/>

<http://www.ucc.vt.edu/stdysk/stdyhlp.html>

<http://www.howtostudy.org/>

<http://www.misscantillon.com/Studyskills.htm>

-If you checked 1, 6, 7, 8, 9, 11, 12, 14, 15, 18, or 19, you need help **managing nonacademic factors** that are affecting your academic pursuits. Visit the Counseling Services, http://www.mtech.edu/student_life/counseling/index.htm or call (406) 496-4429.

-If you checked 4, 5, 6, or 9, and you feel you may have a **learning disability or a handicap** that affects your academic ability. Contact Student Success Services, Health Science Building 203, or visit with Tech's Disability Services http://www.mtech.edu/student_life/disability/, or call (406) 496-4429 to make an appointment.

-If you checked 7 or 8, you may need help **finding a major or career path**. Career Services can help. Visit their website at <http://www.mtech.edu/career/>, or call (406) 496-4140 to make an appointment.

-If you marked 16, you need help with **getting involved** with student activities. Contact Student Success Services, Health Science Building 203, or visit the student life web page at http://www.mtech.edu/student_life/.



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