# Striving for Success: Self-Assessment 🔄

## For Social Ecology Students

By completing the following self-assessment, I will gain a better understanding of where I stand academically, what may be preventing me from succeeding and how I can improve.

### Things that went well last quarter:
- 1.
- 2.
- 3.
- 4.
- 5.

### Things that I will do differently this quarter:
- 1.
- 2.
- 3.
- 4.
- 5.

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### How did I get to UC Irvine?

*Reflect on your life before college, the application process, your role models, etc...*

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### Reasons why college is important to me:

*Check all that apply:*
- For better employment opportunities
- Because it's required for the career I want
- To make more money
- To explore career options and figure out what I like
- To get away from home
- To play sports
- Because my parents are making me
- Because I want to help my family financially
- All my friends are going
- I don't know
- Other:
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My Academic Report Card

Check off what you’ve done. Highlight what you plan to do next quarter.

Last quarter, I...

☐ Created a study plan at the beginning of the quarter for each class
☐ Attended a majority of the lectures and discussions for each class
☐ Went to office hours for clarification

☐ Did readings before each lecture
☐ Checked in with professor/TA before each assignment/midterm/final
☐ Created/joined a study group
☐ Reviewed notes before each class

What is preventing me from doing well?

Check all that apply:

☐ Lack of academic preparation
☐ Lack of study skills
☐ Time management
☐ Lack of confidence
☐ Family responsibilities
☐ Lack of motivation
☐ Social distractions/partying
☐ Lack of interest in the subject

☐ Procrastination
☐ Work too many hours
☐ Health/illness
☐ Relationship issues
☐ Too much facebook/internet/video games/tv
☐ Lack of college role models
☐ Lack of institutional fit/sense of belonging
☐ Other:

How can I be a successful student?

Consider the following questions: What is my goal(s) this quarter? What steps do I need to take in order to reach my goal(s)? Is it a SMART goal? (Specific, Measurable, Attainable, Realistic, Timely.) For more information visit: http://topachievement.com/smart.html

Tools for Success and Empowerment

Highlight the ones you’re interested in. Check them off once you use them.

☐ Appointment with academic counselor or peer advisor
☐ Counseling Center: www.counseling.uci.edu
☐ Career Center: www.career.uci.edu
☐ Student Support Services: www.sss.uci.edu
☐ Transfer Student Center: www.transfercenter.uci.edu
☐ LARC workshops: www.larc.uci.edu
☐ Writing Center: www.writingcenter.uci.edu
☐ Office Hours with TA and/or professor

Believe You Can & You’re Halfway There

Theodore Roosevelt