
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.

————◆ How did I get to UC Irvine? ◆————

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

————◆ Reasons why college is important to me: ◆————

Check all that apply:

- | | |
|---|---|
| <input type="checkbox"/> For better employment opportunities | <input type="checkbox"/> All my friends are going |
| <input type="checkbox"/> Because it's required for the career I want | <input type="checkbox"/> I don't know |
| <input type="checkbox"/> To make more money | <input type="checkbox"/> Other: |
| <input type="checkbox"/> To explore career options and figure out what I like | <input type="checkbox"/> |
| <input type="checkbox"/> To get away from home | <input type="checkbox"/> |
| <input type="checkbox"/> To play sports | <input type="checkbox"/> |
| <input type="checkbox"/> Because my parents are making me | |
| <input type="checkbox"/> Because I want to help my family financially | |

 Continue to backside

My Academic Report Card

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

Last quarter, I...

- | | |
|--|--|
| <input type="checkbox"/> Created a study plan at the beginning of the quarter for each class | <input type="checkbox"/> Did readings before each lecture |
| <input type="checkbox"/> Attended a majority of the lectures and discussions for each class | <input type="checkbox"/> Checked in with professor/TA before each assignment/midterm/final |
| <input type="checkbox"/> Went to office hours for clarification | <input type="checkbox"/> Created/joined a study group |
| | <input type="checkbox"/> Reviewed notes before each class |

What is preventing me from doing well?

Check all that apply:

- | | |
|--|---|
| <input type="checkbox"/> Lack of academic preparation | <input type="checkbox"/> Procrastination |
| <input type="checkbox"/> Lack of study skills | <input type="checkbox"/> Work too many hours |
| <input type="checkbox"/> Time management | <input type="checkbox"/> Health/illness |
| <input type="checkbox"/> Lack of confidence | <input type="checkbox"/> Relationship issues |
| <input type="checkbox"/> Family responsibilities | <input type="checkbox"/> Too much facebook/internet/video games/tv |
| <input type="checkbox"/> Lack of motivation | <input type="checkbox"/> Lack of college role models |
| <input type="checkbox"/> Social distractions/partying | <input type="checkbox"/> Lack of institutional fit/sense of belonging |
| <input type="checkbox"/> Lack of interest in the subject | <input type="checkbox"/> 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



Theodore Roosevelt