

Academic Probation/Suspension Self-Assessment

Name: _____ H#: _____

Date: _____ Cell #: _____ Email: _____

Major: _____ Advisor: _____ Classification: _____

Please be completely honest when filling out this self-assessment

1. Are you on Academic Probation? Probation Continued? Suspension?
2. Do you know your cumulative GPA? Yes No If yes, what is it? _____
3. Do you work? Yes No If yes, how many hours a week? _____
4. Are you familiar with what it means to be on Academic Probation or Suspension and the consequences if you don't make progress this semester? Yes No
5. On a scale from 1 – 5, how concerned are you about being on Academic Probation/Suspension?

1	2	3	4	5
Somewhat Concerned	Moderately Concerned	Concerned	Very Concerned	Extremely Concerned

6. What, specifically, concerns you about being on Academic Probation or Suspension?

7. Please Identify which of the following led you to being placed on Academic Probation or Suspension:
(Check all that apply)

Time Management Skills

- Poor time management Difficulty concentrating Too much time socializing
- Working too many hours Too heavy of a course load Unsure of how to prioritize
- Other: _____

Study Skills

- Poor study habits Poor writing skills Insufficient math skills Unable to take useful notes
- Possible learning disability Unsure how to study for courses Poor class attendance
- Problems with reading Didn't work with teachers outside of class Poor academic advising
- Other: _____

Stress and Anxiety

- Financial issues Physical illness or physical disability of self Loneliness or feelings of isolation
- Legal issues Physical illness, disability, or loss of a loved one Homesickness
- Pressure, tension, stress, or anxiety Commuting/Transportation Issues Problems at work
- Housing/Roommate stressors Relationship difficulties with family, friends, dating, etc.
- Other: _____

Motivation

- Unsure of or unhappy with major Lack of motivation Difficulty waking up in the morning
- Unsure of interests, skills, and abilities No clear career goals/plans Lack of self-confidence
- Learning is not a high priority Not interested in course content Don't see value in college
- Difficulty in making decisions Difficulty accepting personal responsibility Often feel unhappy
- Difficulty in adjusting to Harding Things seemed pointless or hopeless Have desire to transfer
- Other: _____

8. Please identify **HOW** the things you checked under each category interfere with your academic performance
(Please be as specific as possible)

1) Time management skills:

2) Study skills:

3) Stress and anxiety:

4) Motivation:

9. What changes do you think you need to make in order to improve your academic status?

(Please be as specific as possible)

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

7) _____

8) _____

10. On a scale of 1 – 5, how important is it to you to make these changes in order to improve your status?

1
Somewhat
Important

2
Moderately
Important

3
Important

4
Very
Important

5
Extremely
Important

11. Why did you choose that specific level of importance? _____

12. What is your personal GPA goal for this semester? _____

13. On a scale of 1 – 5, how confident are you that you will reach your personal GPA goal?

1	2	3	4	5
Not Confident	Somewhat Confident	Confident	Very Confident	Extremely Confident

14. Please describe the reasons for your level of confidence: _____

15. Please list any other short-term goals you wish to achieve (short-term goals can be any goals you wish to achieve within one year): _____

16. What steps can you take to achieve these short-term goals: _____

17. What are your long-term goals for 5 or 10 years down the road? How does your current status assist in, or interfere with, your ability to achieve these goals? _____

18. What steps can you take to reach your long-term goals? _____

19. Is there anything that wasn't asked that we should have asked in order to better understand your situation better? Is there anything else you'd like to share? _____

20. Many students have found that continued meetings throughout the semester can be very helpful towards reaching academic and personal goals. How would you feel about having a few meetings to see if this will be helpful to you? It's your choice. _____

**After meeting with your advisor, please turn in the Self-Assessment to the
Academic Advising Center (Student Center, 236)**

Thank you!!!

Advisor Recommendations:

Classes to repeat:

Resources to use:

Referrals to other departments:

Additional Comments or Suggestions:

Advisor Signature: _____ Date: _____