



## Academic Intervention Self-Assessment\*

Complete this assessment, print it and be prepared to discuss these topics with your academic adviser. You must bring this document to the meeting with your academic adviser within the first 10 days of class. The goals of the meeting with your adviser include:

- ✓ Evaluating current class schedule and making changes as needed,
- ✓ Identifying obstacles from the previous term that impacted your academic success,
- ✓ Building a strong relationship between you and your academic adviser.

Name:	Email:	Phone (cell # appreciated):
Major:	Cumulative GPA:	Term GPA:
Academic Adviser:	Cumulative Credits (#):	Term Credits (#):
Campus Involvement (clubs, etc.):		Student ID #:

A. Students on academic warning or probation often need to retake courses from previous terms or make other adjustments to their class schedule for the current term. Please complete the chart below to assist you and your adviser in evaluating your current class schedule.

Previous Term Courses	Grade	Current Term Courses

B. In reviewing your academic performance, what obstacles have negatively impacted your grades?

**Check all** that apply and **circle the top 3** obstacles that have impacted your academic progress.

<p><b><u>Academic</u></b></p> <p><input type="checkbox"/> Ineffective study skills</p> <p><input type="checkbox"/> Undeveloped time management skills</p> <p><input type="checkbox"/> Unprepared for exams</p> <p><input type="checkbox"/> What worked in High School doesn't work anymore</p> <p><input type="checkbox"/> Hard to concentrate/daydreaming</p> <p><input type="checkbox"/> Difficult classes/not prepared for course level</p> <p><input type="checkbox"/> Conflict with Instructor</p> <p><input type="checkbox"/> Unable to understand course content or find relevance in course material</p> <p><input type="checkbox"/> Registered for too many classes</p> <p><input type="checkbox"/> Did not attend/skipped class</p> <p><input type="checkbox"/> Uncomfortable/oppressive classroom climate</p> <p><b><u>Major/Career</u></b></p> <p><input type="checkbox"/> Uncertain about current Major</p> <p><input type="checkbox"/> Changed Major one or more times</p> <p><input type="checkbox"/> Unsure what jobs are associated with Major</p> <p><input type="checkbox"/> No clear career goals</p> <p><input type="checkbox"/> Not sure why I'm in school</p> <p><input type="checkbox"/> NU may not be the place for me</p>	<p><b><u>Personal/Other</u></b></p> <p><input type="checkbox"/> Financial difficulties</p> <p><input type="checkbox"/> Health problems</p> <p><input type="checkbox"/> Hard to get out of bed in the morning</p> <p><input type="checkbox"/> Use or abuse of alcohol or other substance(s)</p> <p><input type="checkbox"/> Possible learning disability</p> <p><input type="checkbox"/> Difficulty sleeping at night</p> <p><input type="checkbox"/> Pressure, stress, anxiety or tension</p> <p><input type="checkbox"/> Excessive time spent online (FaceBook, YouTube, Gaming, etc.)</p> <p><input type="checkbox"/> Over-involved with extra-curricular activities</p> <p><input type="checkbox"/> Lack of motivation</p> <p><input type="checkbox"/> Working too much (# Hours/Week _____)</p> <p><b><u>Family/Social Adjustment</u></b></p> <p><input type="checkbox"/> Roommate issues</p> <p><input type="checkbox"/> Personal relationship issues</p> <p><input type="checkbox"/> Interpersonal violence</p> <p><input type="checkbox"/> Family situation</p> <p><input type="checkbox"/> Moved away from home/homesick</p> <p><input type="checkbox"/> Difficulty adjusting to college life</p> <p><input type="checkbox"/> Hard to make friends/Loneliness</p>
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**Other factors not listed above:**

C. Now, explain in detail the **three most significant obstacles** that affected your academic performance.

<b>Obstacle</b>	<b>Explain each obstacle's impact on your success</b>	<b>How can you eliminate that obstacle?</b>
1.		
2.		
3.		

D. What **academic resources, campus connections or networks** have you utilized at NU (tutoring, learning teams, student counseling, etc.)?

D. What **other resources** do you think would be helpful to help you succeed academically?

### **Action Plan for a Successful Term**

E. Think about a plan of action for getting the term off to a strong start. Include meetings with your adviser and instructors, tutoring, and other resources. Discuss this plan with your adviser who can offer additional ideas.

	<b>GOAL</b>	<b>ACTION PLAN</b> (dates, follow-up meetings, etc.)	<b>AVAILABLE RESOURCES</b> (tutoring, professor office hours)
1.			
2.			
3.			
4.			

\*Keep a copy of this assessment for future adviser meetings.

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Office use only:

Adviser Initials \_\_\_\_\_  
Original Copy – Student

Date: \_\_\_\_\_  
Photocopy – Advisee File