

UMass College of Natural Sciences Academic Discipline Self-Assessment

Please complete Sections I – III **completely and honestly** before meeting with a dean to discuss your academic progress. ***You will not be allowed to meet with a dean, if you have not completed your sections of the assessment.*** We are aware that many factors can influence your academic performance. Sometimes things beyond our control impact performance, sometimes we make poor choices, and so on. Ultimately, you must take ownership of your academic performance in how you respond to the circumstances that are affecting you – whether you seek help, for instance. Honestly assessing the factors impacting your academics is the first important step to getting things back on track.

Section I.

Name:	SPIRE ID#	Date:
UMass email:	Telephone #	Major:
Major Advisor:	Returning following (circle one): <div style="display: flex; justify-content: space-around; width: 100%;"> Probation suspension dismissal </div>	

Section II. Please think about the factors that you think contributed to your poor academic performance? Below are some factors that might help you consider your problems. Please check those that apply to you.

Time Management:

- Poor Time management
- Working too many hours (how many per week?)
- Problems concentrating
- Too many courses
- Too much time socializing/on the internet/participating in clubs

Direction/motivation:

- Poor choice of major
- Unsure of interests and direction
- Difficulty adjusting to UMass
- Poor academic advising
- Have not sought academic advising
- Not interested in college

Study Skills and Habits:

- Poor study habits
- Poor writing skills
- Learning disability or possible learning disability*
- Don't know how to take notes
- Difficulty with multiple-choice exams
- Difficulty with essay exams
- Skipping classes
- Unsure how to study
- Not seeking help from TAs/Professors
- Difficulty reading
- Did not purchase/rent textbooks
- Did not read course material
- Study too infrequently

Personal:

- Financial problems
- Roommate difficulties
- Legal issues
- Physical illness (self)
- Physical illness or loss (immediate family)
- Loneliness/homesickness
- Pressure, stress, anxiety
- Work problems
- Relationship problems
- Unhappiness
- Drug or alcohol use/abuse
- Sleep problems

Other: (Please list)

*If you have a learning disability are you registered with disability services? Do you have accommodations and do you use them?

Section III. Now review the things you checked above and any other factors you think affected your performance and describe in detail how the most important of these things impacted your academics. And think about how you might solve or reduce the impact of these things in the future. Write your responses below (attach additional pages, if necessary.)

What went wrong	What is a productive response to this circumstance? What resources might I use in the future (see resources below)?

Are you considering changing your major?

If so, what might be your new major?

There are many resources for help and advice on campus. Many students do not know about them and others have never used them. Please take advantage of these resources and refer to them as you plan how to get your academics back on track. See the CNS website [Academic Resources page \(http://www.cns.umass.edu/students/academic-advising/academic-resources](http://www.cns.umass.edu/students/academic-advising/academic-resources) -- bookmark it!) for a list of useful resources.

What resources for help at UMass have you used?

Section IV. The Action Plan

Together with a dean plan and commit to certain actions for the current semester.

Goal	Action Plan (dates, follow-up meetings, etc.)	Resources
Meet with dean:	_____ time(s) by _____ (date)	
Meet with advisor in major	By (Date):	
Target GPA:		

I commit to the preceding goals and acknowledge that the registration hold on my SPIRE will not be lifted until the goals are achieved.

Student Signature: _____ Date: _____

Reminders:

- Review your course schedule with your major advisor each semester. Do not make changes in your schedule without seeking advice.
- Monitor classes closely during add/drop period. Keep your workload manageable. Drop classes if necessary (maintaining full-time status of 12 credits unless a registered part-time student).
- DO NOT add a new class after the first week of the add/drop period (unless advised to do so)! You will be behind from the beginning.
- Remember the mid-semester drop date (Date this semester: _____). Withdraw from a class if you are doing very poorly – before the withdraw deadline!
- It is possible to withdraw from a class after the mid-semester date IF THERE ARE DOCUMENTED EXTENUATING CIRCUMSTANCES, but better to withdraw sooner than later.
- Switching a course to pass/fail (one course per semester - electives only – no major requirements or Gen Eds) can only be done through the mid-semester date. (Date: _____)
- **You can only repeat a class one time without dean's permission.** Permission for a "three-peat" is only given in the case of compelling, documented extenuating circumstances. Be sure you are ready to excel when you repeat a class.