

UMass College of Natural Sciences Academic Self--Assessment

Thank you for taking the time to fully answer this self-assessment. We understand that there are many reasons students may struggle academically, the purpose of this form is to help us determine how we can best support you. To allow us to best do this, **please complete this form before your appointment.**

Section I.

Preferred Name:	SPIRE ID#	Date:
UMass email:	Telephone #	Major:
Pronouns:	Returning following (select one): <div style="display: flex; justify-content: space-around; width: 100%;"> Probation Suspension Dismissal </div>	

Section II. Below are some factors that may have contributed to your poor academic performance.

Check those that apply to you.

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| <p><u>Time Management:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Poor Time management <input type="checkbox"/> Working too many hours <input type="checkbox"/> Have a problem concentrating <input type="checkbox"/> Too many courses <input type="checkbox"/> Too much time socializing <input type="checkbox"/> Too much screen time <p><u>Direction/motivation:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Poor choice of major <input type="checkbox"/> Unsure of interests and direction <input type="checkbox"/> Difficulty adjusting to UMass <input type="checkbox"/> Poor academic advising <input type="checkbox"/> Have not sought advising <input type="checkbox"/> Not interested in college | <p><u>Study Skills and Habits:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Poor study habits <input type="checkbox"/> Poor writing skills <input type="checkbox"/> Learning disability or possible learning disability* <input type="checkbox"/> Don't know how to take notes <input type="checkbox"/> Difficulty with multiple--choice exams <input type="checkbox"/> Difficulty with essay exams <input type="checkbox"/> Skipping classes <input type="checkbox"/> Unsure how to study <input type="checkbox"/> Not seeking help from TAs/Professors <input type="checkbox"/> Difficulty reading <input type="checkbox"/> Did not purchase/rent textbooks <input type="checkbox"/> Did not read course material <input type="checkbox"/> Study too infrequently | <p><u>Personal:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Financial problems <input type="checkbox"/> Roommate difficulties <input type="checkbox"/> Legal issues <input type="checkbox"/> Physical illness (self) <input type="checkbox"/> Physical illness or loss (immediate family) <input type="checkbox"/> Loneliness/homesickness <input type="checkbox"/> Pressure, stress, anxiety <input type="checkbox"/> Work problems <input type="checkbox"/> Relationship problems <input type="checkbox"/> Unhappiness <input type="checkbox"/> Drug or alcohol use/abuse <input type="checkbox"/> Sleep problems <input type="checkbox"/> Food Insecurity <input type="checkbox"/> Housing insecurity <input type="checkbox"/> Other: (Please list) |
|--|--|--|

Are you registered with disability services? Yes No

Section III. Referring to the items you checked above including other factors that affected your performance, describe how the most important of these items impacted your academics. How you might solve or reduce the impact of these items in the future. Write your responses below (attach additional pages, if necessary.)

What went wrong?	How will you respond to this factor? What resources might you use in the future (see resources below)?

Are you considering changing your major? Yes No

If so, what might be your new major?

What resources for help at UMass have you used?

Section IV. Even when things are difficult, we can often find something that went really well (or at least not-as-bad), please tell us something that you want to carry forward.

What is something that went well last semester?	What did you learn and how will you apply that this semester?

Section V. The Action Plan: To be Completed with your CNS Advisor during your meeting.

Together with your CNS Advisor discuss and commit to certain actions for the current semester.

What?	When? (dates, follow-up meetings, etc.)	Resources
Meet with CNS Advisor:	_____ time(s) by _____ (date)	
Meet with Major Advisor	By (Date):	
Target GPA:		
Other:		

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 withdrawal date (Date this semester: **March 29, 2021**). Withdraw from a class if you are doing very poorly before the withdrawal deadline!
- Switching a course to pass/fail (one course per semester ---electives only – no major requirements or Gen Eds) can only be done until the mid-semester date. (Date: **March 29, 2021**)
- **You can repeat a class only once without a 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 if you take a course a second time.