

University of Tennessee at Chattanooga



# Self-Assessment Packet

**This document is part of your application**

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**Print Name**

**UTC ID**

**Date**

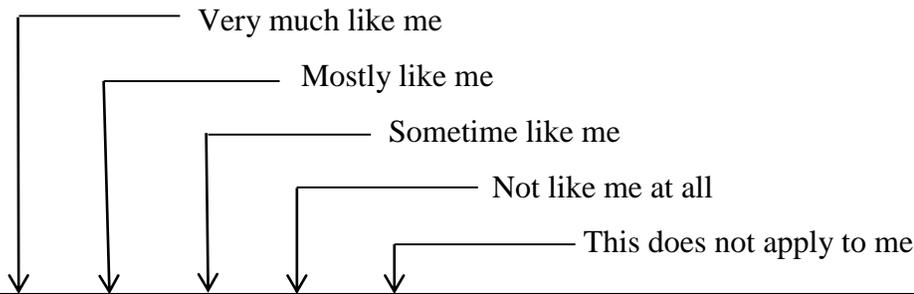
## Reflection and Self-Assessment

### Part I: Identify Factors Contributing to Academic Performance

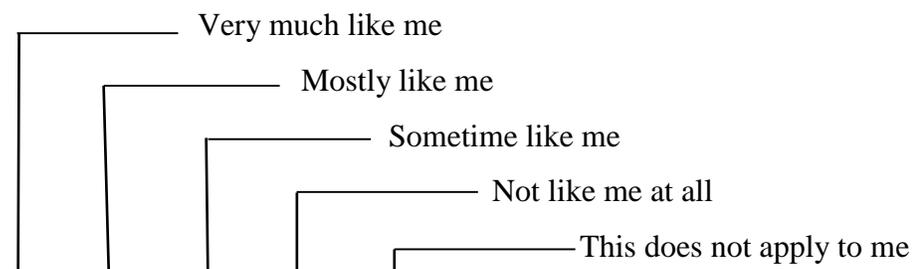
There are many factors that impact academic performance. This self-assessment will help you identify habits and behaviors that may contribute to academic difficulty. Please answer each statement as honestly as you can. Also included in this packet is an exercise that provides a graphic profile of your needs as well as SSS services to help you succeed.



**Instructions:** Select the statement from the list that best reflects your judgment on your behaviors and habits. Then, fill in the appropriate oval for each item. Mark only ONE oval for each item.



					<b>Academic Skills</b>	Service number
0	0	0	0	0	1. I withdraw and/or repeated a course.	1,9
0	0	0	0	0	2. I earned a course grade of D or F.	4,5
0	0	0	0	0	3. I have ways to help me remember.	5
0	0	0	0	0	4. I select a reading strategy to fit the material I'm reading.	5
0	0	0	0	0	5. I can effectively plan a large writing assignment.	1,9
0	0	0	0	0	6. I have enough time each day to do what I want to do.	5
0	0	0	0	0	7. I am calm and collected during an exam.	5
0	0	0	0	0	9. I easily adjust my learning style to my instructors' teaching style.	5
0	0	0	0	0	10. I carefully schedule time for studying.	5
0	0	0	0	0	11. I can effectively use a computer to promote success in school.	1&9
					<b>Academic Advising</b>	
0	0	0	0	0	12. I select courses to meet my personal and academic goals.	6,7
0	0	0	0	0	13. I regularly improve my long-term and short-term goals.	2
0	0	0	0	0	14. I seek out my advisor for guidance.	2,4
0	0	0	0	0	15. I am familiar with campus academic policies and procedures.	11
0	0	0	0	0	16. I know the academic choices and schedules I must make in order to reach my career goal.	7
0	0	0	0	0	17. I am considering changing my major.	7
					<b>Non-Cognitive Skills</b>	
0	0	0	0	0	18. I have overcome setbacks to conquer an important challenge. *	4



					Service Number	
0	0	0	0	0	19. New ideas and projects sometimes distract me from previous ones.*	4
0	0	0	0	0	20. My interest change from year to year.*	4
0	0	0	0	0	21. Setbacks don't discourage me.*	4
0	0	0	0	0	22. I have been obsessed with a certain idea or project for a short time but later lost interest.*	4
0	0	0	0	0	23. I am a hard worker.*	4
0	0	0	0	0	24. I often set a goal but later choose to pursue a different one.*	4
0	0	0	0	0	25. I have difficulty maintaining my focus on projects that take more than a few months to complete.*	4
0	0	0	0	0	26. I finish whatever I begin.*	4
0	0	0	0	0	27. I know about campus services and know how to use them.	4
0	0	0	0	0	28. I am proud of my ethnic and gender group.	1,4
0	0	0	0	0	29. I like being in leadership positions.	4,5,11
0	0	0	0	0	30. I feel that I have the ability and skill to successfully do college level work..	2,4,11,13
0	0	0	0	0	31. I start each semester highly motivated and I stay that way.	4
0	0	0	0	0	32. I take the time to listen to others.	4,13
0	0	0	0	0	33. I am excited about the courses I take.	4,9
0	0	0	0	0	34. I attend social and cultural events.	4,9
0	0	0	0	0	35. My friends and family support my academic goals.	4
0	0	0	0	0	36. I have a sense of belonging on this campus.	16
0	0	0	0	0	37. I feel that my ability grow with my effort.	16
0	0	0	0	0	<b>Financial Literacy</b>	
0	0	0	0	0	38. My spending plan allows me to live within my means.	15,16
0	0	0	0	0	39. I have information on affordable child care services.	15

					Service Number	
0	0	0	0	0	40. I pay my bills on time.	17
0	0	0	0	0	41. I could find the money to pay for a financial emergency that cost about \$1,000.	17
0	0	0	0	0	42. I rarely worry about being able to meet normal monthly living expenses.	15
0	0	0	0	0	43. I am confident that I have enough money to complete college.	12
0	0	0	0	0	44. I have a clear picture of the financial resources available to me to pay for college.	12
0	0	0	0	0	45. I plan to work more than 15 hour per week.	5
<b>Major and Career Knowledge</b>						
0	0	0	0	0	46. I have already worked in the career area that interest me, or at least seen for myself what they require.	5,7
0	0	0	0	0	47. I took a career test to tell me what major I should choose.	5,7
0	0	0	0	0	48. My major decision was based on making a high salary.	7
0	0	0	0	0	49. I made my own decision about my major.	7
0	0	0	0	0	50. I often think about going to graduates school.	8,12

\*Duckworth, A.L., Peterson, C., Matthews, M.D., & Kelly, D.R. (2007). Grit: Perseverance and passion for long-term goals. *Journal of Personality and Social Psychology*, 9, 1087-1101\



## Part II. Developing a Success Plan

**Congratulations** on completing the self-assessment inventory and now you are ready to analyze your responses. The next step is to set goals to participate in SSS and campus activities.

**Instructions:** Look at the service number assigned to “Sometimes like me” and “Not at all like me” items you selected. Check the numbers below assigned to the selected items. Greatly increase your chances of achieving your academic, career, and personal goals by participating in  services.

	Number	SSS Services		Number	SSS Services
<input type="checkbox"/>	1	Tutoring	<input type="checkbox"/>	10	Course Scheduling
<input type="checkbox"/>	2	Academic Advising	<input type="checkbox"/>	11	African American Male Programs
<input type="checkbox"/>	3	Assistance in Course Selection	<input type="checkbox"/>	12	Information on Financial Aid Sources
<input type="checkbox"/>	4	Non-Cognitive Skills Development	<input type="checkbox"/>	13	Personal Counseling
<input type="checkbox"/>	5	Academic Skills Building	<input type="checkbox"/>	14	Financial Aid Application Assistant
<input type="checkbox"/>	6	Assistance with Course Selection	<input type="checkbox"/>	15	Financial Counseling
<input type="checkbox"/>	7	Major/Career Guidance	<input type="checkbox"/>	16	Cultural and Social Events
<input type="checkbox"/>	8	Graduate School Coaching	<input type="checkbox"/>	17	Financial Skills Building
<input type="checkbox"/>	9	Academic Coaching	<input type="checkbox"/>	Other	
<input type="checkbox"/>	Other		<input type="checkbox"/>	Other	
<input type="checkbox"/>	Other		<input type="checkbox"/>	Other	

**Active participation in SSS services will greatly increase your chances of obtaining a college degree.**