## Figure 2. Self-Assessment

Date:

## Self-Assessment

## (5 is highest)

1. How are you feeling about your skills in the following areas:

Readiı 1	ng 2	3	4	5
Writin 1	ng 2	3	4	5
Note-7 1	Taking 2	3	4	5
Time I 1	Manage 2	ement 3	4	5
Organ 1	ization 2	3	4	5
Test-T 1	aking 2	3	4	5
Oral ( 1	Commu 2	nicatio 3	n 4	5
Studyi 1	ng 2	3	4	5
Motiva 1	ation 2	3	4	5

For those that are still not "5," what do you feel would help you get to a "5"?

Which skill areas have most impacted your success in the past? How can this course help?

2. How do you feel about taking this course? Why?

## KENDALL HUNT, BURKART G. (2023), 16 WEEKS TO COLLEGE SUCCESS: THE MINDFUL STUDENT

3. What strategies will you use in this course to be successful?

- 4. What technology needs do you have? How might you address these needs? What gaps may still exist?
- 5. What challenges do you have this semester that might impact your success in this course that your professor should be aware of? How do you plan to meet these challenges? (Make a plan for communicating needs with professor).

- 6. What resources will you use to be successful in this course (Ex. Writing Center, Learning Center, Counseling Center, Library, Campus Ministry, IT, Compass/Career Center)?
- 7. What goals do you wish to make for this semester? What support do you need to achieve these goals?