

Probation Self Assessment

What is your purpose(s) for attending college?

What lead you to earning a low grade point average and therefore being placed on probation?

What are you doing differently this semester to improve your grade point average?

What are your plans for your academic future if you are dismissed from UMD?

Check all of the following statements that are true for you:

- I have chosen a major and my decision is firm.
- I have chosen a major but I am considering changing it.
- I have not chosen a major, and I am currently exploring my interests.
- I am struggling with finding a true purpose in attending college.
- I have a future goal in mind for what I want to do with my life after college.
- I have difficulty with time management.
- I get less than 8 hours of sleep most nights of the week.
- I have a job and work approximately _____ hours per week.
- I am involved in clubs, organizations, or sports on campus for approx. _____ hours per week.
- I am dealing with a personal problem that interferes with achieving my academic goals.
- I am dealing with an illness or injury that interferes with achieving my academic goals.
- I have test anxiety (I freeze up and can't remember answers even though I have studied).
- I have a diagnosed learning disability.
- I think I might have a learning disability, but I don't know for sure.
- I have a good method for taking notes in my classes.
- I have a good method of studying for tests.
- I have a good method for retaining information in reading assignments.

FILL IN THE BLANKS:

_____ How many credits are you taking this semester?

_____ How many hours a week do you spend outside of class on studying?
(this includes homework, reading assignments, group work, studying for tests, writing papers, class projects, reviewing notes, reviewing flashcards, study groups, etc.)

