



Binghamton University STUDENT SUPPORT SERVICES

STUDENT SELF-ASSESSMENT

Name _____ B Number _____ Date: _____

1a. What are your academic goals? (This might address improving or maintaining your GPA, choosing a major, and/or pursuing a graduate/professional degree)

1b. What is your plan to achieve your academic goals?

2a. What are your career/work goals? (This might address selecting a career goal, getting a part-time job while attending school, getting a new/better job, reducing your work hours to dedicate more time to school, getting an internship, etc.)

2b. What is your plan to achieve your career/work goals?

3a. What are your personal/other goals? (This might address goals such as improving your financial situation, dedicating more time to your family/friends, becoming involved in social activities, volunteering your time to a charity, etc.)

3b. What is your plan to achieve your personal/other goals?

I. EDUCATIONAL MOTIVATION

(Please check yes or no to the following questions.)

1. I know how to take good notes in class. Yes No
2. I study in the library on a regular basis. Yes No
3. I must have quiet when I study. Yes No
4. I read my textbooks and prepare for class ahead of time. Yes No
5. I read my notes after class to refresh my memory. Yes No
6. I finish my assignments on time. Yes No
7. I have set a goal to do well in college. Yes No
8. I frequently wonder if school is really where I want to be. Yes No
9. I get frustrated and tend to give up when a subject is difficult for me. Yes No
10. I know how to access help on campus for academic concerns. Yes No

II. ACADEMIC CONCERNS

(Please check the box next to the statements that express how you feel)

- I have trouble reading college level textbooks.
- I have trouble taking notes from lectures.
- I am uncomfortable asking questions in class.
- I learn best by actually doing something.
- I learn best by listening to explanations.
- I learn best by watching something being done.
- I need help researching and organizing a term paper.
- I have trouble writing papers.
- I have trouble asking for help in a class.
- I have math anxiety.
- I have test anxiety.
- I have difficulty concentrating.