What factors hinder your academic success?

The following questions may help you to see what areas of life might be interfering with your academic performance.

1- What personal issues have interfered with your performance? Select any, if any, of the following issues that interfere with your progress.

- [ ] anxiety
- [ ] conflict between job and school
- [ ] drinking
- [ ] emotional issues
- [ ] family/relationship problems
- [ ] financial difficulty
- [ ] gambling/gaming
- [ ] homesickness
- [ ] insufficient/not enough sleep

- [ ] lack of self-confidence
- [ ] poor health
- [ ] relationship issues
- [ ] roommate issues
- [ ] sleeping too much
- [ ] social distractions
- [ ] test anxiety
- [ ] too many commitments
- [ ] unresolved problems

Other personal issues

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Free Counseling Services are available in the Thompson Building which could help you resolve issues like these. Call 784-4648 for information and appointments.

2- What university factors make learning difficult for you? Select any, if any, of the following issues that interfere with your progress.

- [ ] campus environment feels unwelcoming
- [ ] classes too large/too small
- [ ] did not know about tutoring
- [ ] did not meet with an advisor
- [ ] did not utilize tutoring

- [ ] difficulties with an instructor
- [ ] inconvenient class times
- [ ] lack of connection
- [ ] poor environment for studying

Other issues

________________________________________________________________________
________________________________________________________________________

For help with these issues, make an appointment with your advisor in your college or at the General Advising Center (784-4684). Tutoring services are available at the Tutoring Center (784-6801), Math Center (784-4433), and Writing Center (784-6030).
3- Which of the following class issues have made learning difficult for you? Select any, if any, of the following issues that interfere with your progress.

- burnout
- class structure not in your learning style
- course load too heavy
- lack of adequate background for course
- lack of interest in class subject
- class work too much
- unexpected questions on tests
- unprepared for classes
- unsure/unable to retain information

Other issues:

Meeting with your instructor or advisor can be helpful with these issues.

4- Does your approach to studying hinder your academic progress? Select any, if any, of the following issues that interfere with your progress.

- concentration easily broken
- good intentions - poor follow up
- lecture notes useless for study
- little time for review
- memorizing without understanding
- poor study habits
- procrastination
- study too late/too early
- test anxiety
- too little time to prepare for tests
- too little time in your schedule
- uncertain about career goals
- uncertain about what is important
- worry about failure

Other study issues:

For help with these issues, meet with an academic advisor.

5- Do you think college is right for you at this point in your life? Select any, if any, of the following issues that interfere with your progress.

- enrolled because you were expected to
- learning is rarely fun
- little interest in courses
- negative emotions/low self-esteem
- negative habits/partying, cutting class
- not motivated to complete
- off-campus activities distract you
- prefer job responsibilities to schoolwork
- question if you are college material
- unsure how college life fits into your goals

Other issues:

Meeting with an academic advisor and/or accessing the Gaining Perspective Series (GPS) (bernard@unr.edu) can be helpful with these issues.