

## First Year Success Program Self-Assessment

Please use this form to identify some of the areas that may have affected your academic performance. If a statement applies to you, circle Y (Yes). If it does not apply to you, circle N (No). The purpose of this self-assessment is to identify the areas you may want to address and match these areas with the Cal Poly resources available to you on the back of this page.

1. Y N	I spent too much time studying for one very difficult course and fell behind in everything else.
2. Y N	I felt as if I was always behind in class and usually spent hours cramming the night before an exam.
3. Y N	I didn't manage my time well. I procrastinated, and then I didn't have time to finish things.
4. Y N	I spent a lot of time doing social activities, and I did not have enough time left to study.
5. Y N	I needed a tutor but didn't know how to get one.
6. Y N	I did not study effectively for my classes.
7. Y N	I've never really had to study like this before, and I don't know where to start.
8. Y N	I studied sufficiently for my tests, but when taking the exams, my mind went blank.
9. Y N	I had difficulty with multiple choice exams.
10. Y N	I didn't understand what the teacher was talking about in class.
11. Y N	I had difficulty doing well on exams, even though I thought I knew the material.
12. Y N	I don't feel connected to Cal Poly.
13. Y N	I haven't been able to find a hobby.
14. Y N	I feel like no one else at Cal Poly likes the same things I like.
15. Y N	When my teachers assigned papers, I felt so overwhelmed that I couldn't get started.
16. Y N	I couldn't seem to organize my thoughts into a paper that made sense.
17. Y N	I had personal problems that interfered with my ability to concentrate or complete my work.
18. Y N	I have been affected by problems with my family/roommates/significant others/friends.
19. Y N	I felt isolated, anxious, tired, depressed, and unable to focus on anything for sustained periods of time.
20. Y N	Alcohol and/or drug use was getting in the way of my academic success.
21. Y N	I had a crisis in my family.
22. Y N	I got very sick and couldn't attend class.
23. Y N	I was worried about paying for my daily expenses and college.
24. Y N	I wasn't motivated because I didn't know why I am here or what to do with a college degree.
25. Y N	I am not happy with my choice of major.
26. Y N	I was doing the best that I could, but couldn't seem to get the grades I wanted.
27. Y N	I should have dropped a class earlier, but I wasn't sure how to do it.
28. Y N	I tried to get help, but felt that I was given the run around.
29. Y N	I felt that I had been treated unfairly and didn't know where to go for help.
30. Y N	I have or may have a disability (permanent or temporary) but do not know who to seek help from.

<p>SCORING: If you answered “yes” to statements in any category, utilize the free campus resources that are available to help you improve in each area.</p>	<p><b>1-9 Academic Skills Center (Library Bldg. 35-112):</b></p> <ul style="list-style-type: none"> <li>• Student Success Seminars- 50 minute seminars on everything from procrastination to time management and test preparation. A schedule of topics is available at <a href="http://sas.calpoly.edu/asc/sss.html">sas.calpoly.edu/asc/sss.html</a>.</li> <li>• Online Study Skills Improvement information is accessible at <a href="http://sas.calpoly.edu/asc/ssl.html">sas.calpoly.edu/asc/ssl.html</a>.</li> <li>• Supplemental Workshops in Science and Math are additional study sessions that meet twice a week throughout the quarter to compare notes, discuss concepts, develop study strategies, and take practice midterms. Courses that are available are listed online for science at <a href="http://sas.calpoly.edu/sws/index.html">sas.calpoly.edu/sws/index.html</a> and for math at <a href="http://sas.calpoly.edu/swm/index.html">sas.calpoly.edu/swm/index.html</a>.</li> <li>• Cal Poly has free tutoring for a variety of different classes. A list is available at: <a href="http://sas.calpoly.edu/asc/trs.html">sas.calpoly.edu/asc/trs.html</a></li> </ul>
<p><b>Question &amp; Category</b></p>	
<p><b>1-9: Study Skills</b> Total: Yes _____ No _____</p>	
<p><b>10 &amp; 11: Class Attendance &amp; Office Hours</b> Total: Yes _____ No _____</p>	<p><b>10-11 In addition to attending class and taking notes (even if attendance is not mandatory), students should go to office hours to make sure they understand what is expected of them.</b> Instructors often test on material that is not necessarily covered in the book. In addition, listening to the professor and taking notes reinforces what you are reading outside of class. Whenever you are confused or unsure about the course material and expectations, go to office hours to ensure you know what is required of you.</p>
<p><b>12-14: Campus Involvement</b> Total: Yes _____ No _____</p>	<p><b>12-14 Associated Students, Inc. (ASI) and the Dean of Students Office:</b> Just some of the opportunities with ASI include: building the Rose Float, exercising in the Recreation Center, joining over 250 clubs of all interests, adventuring with Poly Escapes, competing in Intramural sports, getting creative in the Craft Center and many more. Visit <a href="http://asi.calpoly.edu">asi.calpoly.edu</a> for more information! The Dean of Students Office houses programs such as Student Community Services for volunteering, the Cross Cultural Centers for social awareness and advocacy, Safer for promoting a sexual assault-free campus, Fraternity and Sorority life, and many more leadership opportunities. Visit <a href="http://deanofstudents.calpoly.edu/">deanofstudents.calpoly.edu/</a> for more information!</p>
<p><b>15-16: Writing Skills</b> Total: Yes _____ No _____</p>	<p><b>15-16 Writing and Rhetoric Center (Bldg. 10-138):</b> Free, one-to-one consultations for any class project that requires an element of: reading, writing, speaking, and developing visual texts: <a href="http://writingcenter.calpoly.edu/">writingcenter.calpoly.edu/</a>.</p>
<p><b>17-22: Health and Counseling</b> Total: Yes _____ No _____</p>	<p><b>17-22 Health and Counseling Services (Bldg. 27):</b> Cal Poly Health Services provides care by appointment and on an urgent care basis for most student illnesses and injuries. Cal Poly Counseling Services works with a range of students from different cultural, ethnic and religious backgrounds, students who want to talk about a new relationship or a recent break-up, homesickness, anxiety, suicidal thoughts, substance abuse, and poor academic performance. For more information regarding health and counseling services at Cal Poly, visit <a href="http://hcs.calpoly.edu/">hcs.calpoly.edu/</a>. Counseling Center: (805) 756-2511, Health Services: (805) 756-1211. For roommate or personal concerns contact your RA, CA or CSD.</p>
<p><b>23: Financial Aid</b> Total: Yes _____ No _____</p>	<p><b>23 Financial Aid (Bldg. 1-212):</b> Provides help in planning your finances and organizing your resources to cover your college costs. Visit <a href="http://financialaid.calpoly.edu/">financialaid.calpoly.edu/</a> for more details. PULSE, run through Health and Counseling Services, also has a pantry available for those in hunger to pick up food. Visit <a href="http://hcs.calpoly.edu/food-pantry-are-you-hungry">hcs.calpoly.edu/food-pantry-are-you-hungry</a></p>
<p><b>24-25: Career Services</b> Total: Yes _____ No _____</p>	<p><b>24-25 Career Services (Bldg. 124):</b> Career counseling is available to assist students in developing educational and career goals and choosing/changing majors. Counselors are available by appointment and drop-in advising. Contact information and drop-in service hours can be found at <a href="http://careerservices.calpoly.edu/">careerservices.calpoly.edu/</a></p>
<p><b>25-28: College Advising Centers</b> Total: Yes _____ No _____</p>	<p><b>25-28 College Advising Centers (Location Varies):</b> Each college has professional academic advisors that can assist you with course planning, change of major, navigating the curriculum, registration for classes, tracking progress to degree, refer you to academic resources, and help you understand university and college policies and procedures. Some advising centers provide additional tutoring, mentoring, and other services to enhance academic success. Go to <a href="http://advising.calpoly.edu/">advising.calpoly.edu/</a> select College Advising Centers, then select the college you belong to.</p>
<p><b>25-28: Mustang Success Center</b> Total: Yes _____ No _____</p>	<p><b>25-28 Mustang Success Center (Bldg. 52-D37):</b> The Mustang Success Center provides timely effective advising services to first and second year students, first year transfer students and student-athletes. Through individual appointments, group advising sessions, and workshops, the advisors help students understand university policies and procedures. They offer a full range of proactive academic services, and refer students to appropriate resources and provide leadership in coordinating college university programs that support student success. Visit <a href="http://success.calpoly.edu/">success.calpoly.edu/</a> for additional information.</p>
<p><b>28-29: Conflict Resolution</b> Total: Yes _____ No _____</p>	<p><b>28-29 Ombuds (Library 35-113):</b> The office of Student Ombuds Services is a campus resource for all Cal Poly students. The Ombuds staff are committed to hearing about students’ experiences. The office offers a safe place to go for assistance in resolving any university related issue, concern, conflict or complaint. All communications with the office are strictly confidential, informal, impartial, and independent. (The only exception is when there appears to be imminent risk of serious harm to self or others). Visit <a href="http://ombuds.calpoly.edu/">ombuds.calpoly.edu/</a> for information.</p>
<p><b>30: Disability Resource Center</b> Total: Yes _____ No _____</p>	<p><b>30 Disability Resource Center (Bldg. 124):</b> Disability Resource Center offers services for students with long term or short term disabilities. <a href="http://drc.calpoly.edu/content/services/services">drc.calpoly.edu/content/services/services</a></p>