

STOP ...AND THINK ABOUT IT

PERSONAL FACTORS

- ❑ Uncertain about my career goals
- ❑ Uncertain about my major
- ❑ Too many commitments
- ❑ Low self confidence
- ❑ Depression
- ❑ Family Issues and/or expectations
- ❑ Substance abuse
- ❑ Traumatic experience
- ❑ Social distractions
- ❑ Housing Issues
- ❑ Anxiety
- ❑ Change in relationship with someone important
- ❑ Health problems
- ❑ Working too many hours
- ❑ Difficulty obtaining transportation
- ❑ Don't like to ask for help
- ❑ Expecting or have a child
- ❑ Returning (re-entry) into college
- ❑ Financial issues

INSTITUTIONAL FACTORS

- ❑ Unaware of support services
- ❑ Feeling isolated/not identifying with campus
- ❑ Problems with instructors
- ❑ Campus values differ from my own
- ❑ Incorrectly advised by academic advisor
- ❑ Lack of social involvement
- ❑ Overly involved with campus activities

ACADEMIC FACTORS

- ❑ Deficient writing skills
- ❑ Deficient math skills
- ❑ Low reading comprehension
- ❑ Overwhelmed by academic expectations
- ❑ Test anxiety
- ❑ Inadequate preparation for a course
- ❑ Course load too heavy
- ❑ Lack of interest in coursework
- ❑ Not enough time to complete coursework
- ❑ Class attendance (>3 absences/course)
- ❑ Turning in assignments late
- ❑ Low class participation
- ❑ Need tutoring
- ❑ Don't have textbook

STUDY HABITS

- ❑ Didn't follow through with study plans
- ❑ Unable to focus on studying
- ❑ Worries about failure; interrupt study
- ❑ Unable to complete reading assignments
- ❑ Unprepared for classes
- ❑ Inadequate note taking skills
- ❑ Unsure about how to study
- ❑ Spending too little time reviewing
- ❑ Material quickly forgotten
- ❑ Memorization substituted for understanding
- ❑ Too little time to prepare for tests

- ❑ Uncertain about what is important to study
- ❑ Procrastination
- ❑ Lack of organization