

Academic Success Personal Reflections

Name:

Motivation for college:

Why is attending college important to you?

What would it mean to you to receive your college degree?

How will you feel if you are asked to leave college because of academic failure?

What are the goals you have that require a college education?

Factors that impact my success in college:

Honestly evaluate what factors are preventing you from being successful at PSU Berks.

Factors that add to my success:

- Good time management skills
- Support of family and friends
- Healthy living habits
- Goal oriented
- Participation in class
- Good at dealing with adversity
- Responsible
- Good study skills
- Good note taking skills
- Good test taking skills
- Good memory
- Good mathematical skills
- Good reading skills
- Good writing skills

Other

Academic limits on my success

- Not prepared for college work.
- Poor time management
- Poor study skills
- Lack of career goals
- Difficulty reading college textbooks
- Insufficient study time
- Not speaking with instructors
- Unhappy with instructor
- Inconsistent class attendance
- Courses too difficult
- Undecided about major
- Classes not at convenient times
- Not using free tutoring services
- Writing skills inadequate
- Not enough / irregular study
- Quit attending classes
- Course load too heavy
- Test taking / Test anxiety
- Inadequate note taking skills
- Inadequate exam preparation
- Mathematics skills inadequate
- Poor study environment

Other

Personal limits on my success

- Caring for a family member
- Financial limitations / problems
- Family conflict / struggles
- Not enough sleep
- Poor eating habits / diet
- Loneliness, isolation on campus
- Not enough time for family
- Housing concerns
- Transportation problems
- Friends who are not supportive
- Separation from friends, family
- Roommate problems
- Health issues / personal illness
- Excessive social life
- Too many work hours
- Low motivation
- Work supervisor problems
- Excessive TV / gaming

Other

Removing Success Limitations

Rank the top 5 factors that you believe are limiting your college success.

Document the steps you will take to eliminate, or at least reduce, those limiting factors.

Limitation	Actions I will take during the semester to reduce or eliminate this limitation
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