

Student Name: _____ Nazareth ID: _____

Nazareth Email: _____ Phone: (_____) _____

Academic Reflection

Part 1

Clarify Your Reasons for Attending College

1. Before I was a student here, I wanted to attend Nazareth College for these reasons:
 2. These are some things I want to accomplish in college:
 3. A college degree will allow me to do these things in life:
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Part 2

Describe Your Internal Strengths and Resources and External Sources of Support

*Which of the following **internal strengths and resources** do you have, even if you do not fully use them?*

- | | | |
|--|--|---|
| <input type="checkbox"/> Persistence | <input type="checkbox"/> Optimism | <input type="checkbox"/> Ability to connect with others |
| <input type="checkbox"/> Determination | <input type="checkbox"/> Confidence | <input type="checkbox"/> Self-awareness |
| <input type="checkbox"/> Curiosity about new things | <input type="checkbox"/> Inner strength | <input type="checkbox"/> Bold approach to new things |
| <input type="checkbox"/> Willingness to hear others' views | <input type="checkbox"/> Honesty with self | <input type="checkbox"/> Other |
| <input type="checkbox"/> Flexibility to change | <input type="checkbox"/> Creativity in approaching solutions | |

*Which of the **sources of support** have you relied upon to help you as a Nazareth College student?*

- | | | |
|---|--|--|
| <input type="checkbox"/> Your academic advisor | <input type="checkbox"/> An instructor's office hours | <input type="checkbox"/> Resident Advisor |
| <input type="checkbox"/> Advisors in the Academic Advisement Center | <input type="checkbox"/> A Course Progress Alert | <input type="checkbox"/> Office for Students with Disabilities |
| <input type="checkbox"/> Career Services | <input type="checkbox"/> Freshman Seminar / ACS 101 | <input type="checkbox"/> Financial Aid office |
| <input type="checkbox"/> Peer Tutoring Program | <input type="checkbox"/> Student Health Services | <input type="checkbox"/> Student Accounts office |
| <input type="checkbox"/> Logic Lab | <input type="checkbox"/> Counseling Services | <input type="checkbox"/> The First Year Center |
| <input type="checkbox"/> Math Center | <input type="checkbox"/> Office of Multicultural Affairs | <input type="checkbox"/> Commuter Student |
| <input type="checkbox"/> Science Center | <input type="checkbox"/> Center for Spirituality | <input type="checkbox"/> Other |
| <input type="checkbox"/> Writing Center | | |

Part 3

Reflect on Your Perception of Academic Experiences

*Directions: Think about your experiences as a student **since coming to Nazareth College**.
With those in mind, respond to the prompts below.*

Which **course factors** contributed to academic problems this semester? (Check all that apply, from any course.)

- | | |
|---|---|
| <input type="checkbox"/> Course load too heavy/too many credits | <input type="checkbox"/> Too little time in schedule to do all coursework |
| <input type="checkbox"/> Was not sure of major/didn't want this major | <input type="checkbox"/> Had to work at a job (hours per week? <input type="text"/>) |
| <input type="checkbox"/> No clear career goals or plans | <input type="checkbox"/> Feedback on performance not given early |
| <input type="checkbox"/> Class was too early or too late in the day | <input type="checkbox"/> Did not have the prerequisite needed for course |
| <input type="checkbox"/> Unrealistic amount of work assigned | <input type="checkbox"/> Other course factors: <input type="text"/> |
| <input type="checkbox"/> No interest in the course | |

Which **personal factors** contributed to academic problems this semester? (Check all that apply.)

- | | |
|--|---|
| <input type="checkbox"/> Change in relationship with someone close | <input type="checkbox"/> Co-curricular activities (clubs, sports, etc.) |
| <input type="checkbox"/> Homesickness | <input type="checkbox"/> Emotional/mental health issue |
| <input type="checkbox"/> Difficulty adjusting to new environment | <input type="checkbox"/> New friendships and socializing |
| <input type="checkbox"/> Family problems at home | <input type="checkbox"/> Not fitting in here |
| <input type="checkbox"/> Poor health (self or family/friend) | <input type="checkbox"/> Roommate or other residence issues |
| <input type="checkbox"/> Financial difficulty (self or family) | <input type="checkbox"/> Desired major is not offered here |
| <input type="checkbox"/> Substance abuse | <input type="checkbox"/> Lack of sleep |
| <input type="checkbox"/> Boredom | <input type="checkbox"/> Inadequate nutrition and/or exercise |
| <input type="checkbox"/> Uncertainty of reasons for being in college | <input type="checkbox"/> Lack of confidence in abilities |
| <input type="checkbox"/> Learning disabilities | <input type="checkbox"/> Loss of someone close |
| | <input type="checkbox"/> Other personal factors: <input type="text"/> |

Which **institutional factors** contributed to academic problems this semester? (Check all that apply.)

- | | |
|--|--|
| <input type="checkbox"/> Classes were too small | <input type="checkbox"/> Poor advising |
| <input type="checkbox"/> Classes were too large | <input type="checkbox"/> Lack of tutoring |
| <input type="checkbox"/> Problems with the professor | <input type="checkbox"/> No place to study |
| <input type="checkbox"/> Poor teaching | <input type="checkbox"/> Unaware of support services |
| <input type="checkbox"/> Little to no feedback on performance | <input type="checkbox"/> Few people with my interests |
| <input type="checkbox"/> No access to professor outside of class | <input type="checkbox"/> Other institutional factors: <input type="text"/> |

Part 4

Review Your Academic Habits

*Think about your experiences as a student **since coming to Nazareth College.**
With those in mind, check off the appropriate selections in each section.*

*Which **study techniques** did you use this past semester? (Check all that apply.)*

- | | |
|---|--|
| <input type="checkbox"/> Reading textbooks or reserve materials | <input type="checkbox"/> Skimming textbooks |
| <input type="checkbox"/> Taking notes from class lectures | <input type="checkbox"/> Skimming or reading class notes |
| <input type="checkbox"/> Re-writing class notes | <input type="checkbox"/> Quizzing myself |
| <input type="checkbox"/> Taking notes on readings | <input type="checkbox"/> Studying with a group |
| <input type="checkbox"/> Reviewing flashcards | <input type="checkbox"/> Others: _____ |
| <input type="checkbox"/> Reviewing concepts aloud | |

*Which **academic habits** did you use this past semester? (Check all that apply.)*

- ☐ Talked with a professor in classroom before or after class
- ☐ Scheduled a meeting with a professor in office
- ☐ Stopped by a professor's office during office hours
- ☐ Sent an email to a professor
- ☐ Applied for a peer tutor
- ☐ Met with a peer tutor more than three times
- ☐ Received help in one of the tutoring centers on campus (Logic Lab, Math Center, Science Center, Writing Center)
- ☐ Sat near the front of the classroom
- ☐ Spoke aloud in class
- ☐ Calculated own grade in class
- ☐ Used an academic planner (online or paper)
- ☐ Copied due dates from syllabus into planner
- ☐ Missed between one and three sessions of a class
- ☐ Missed more than four sessions of a class
- ☐ Handed in a paper late
- ☐ Missed a quiz or exam
- ☐ Did not re-do an assignment that allowed for it
- ☐ Missed a conference with professor
- ☐ Responded to a course progress alert
- ☐ Stayed up all night studying or working on a project due the next day
- ☐ Responded to an email from a professor
- ☐ Did not take anything to write with or on to class
- ☐ Took notes in class
- ☐ Did not have access to a textbook for a class

Which statements about **studying difficulties** applied to you this past semester? (Check all that apply.)

- ☐ "I can't concentrate for more than a few minutes at a time."
- ☐ "My worries about failing interrupt my studying."
- ☐ "The way I study doesn't seem to be good enough."
- ☐ "I don't know any other study techniques."
- ☐ "The textbook language is too difficult to understand."
- ☐ "I'm not sure which material is more important to know for the exam."
- ☐ "Nothing I studied was even asked on the exam."
- ☐ "I thought I did well on the exam, but I got a low grade."
- ☐ "The test questions were completely unexpected."
- ☐ "I memorized terms, but I couldn't apply them to real-life situations."
- ☐ "I didn't have enough time to prepare for the exam."
- ☐ "My environment too noisy [or too quiet]."
- ☐ "Texts and online activity competed for my attention while I was studying."
- ☐ Other difficulties studying? _____

Which statements about **situations that make learning difficult** apply to you? (Check all that apply.)

- ☐ "Other people's expectations, more than my own motivation, keep me here."
 - ☐ "Off-campus activities and/or online activities distract me."
 - ☐ "My life seems to be on hold here."
 - ☐ "I like the responsibilities of my job more than I like my schoolwork."
 - ☐ "I just don't have the energy to complete assignments."
 - ☐ "I don't see how college fits into my goals."
 - ☐ "I don't have any goals – I don't know what I want to do in my life."
 - ☐ "Learning is hardly ever fun for me."
 - ☐ "Boredom and stress are part of the college routine."
 - ☐ "I spend a lot of time playing online."
 - ☐ "I get nervous around my instructors."
 - ☐ "I worry excessively about doing things perfectly."
 - ☐ "I'm very critical of myself."
 - ☐ "I feel uncomfortable about asking for help."
 - ☐ "I often side-talk or daydream in my classes."
 - ☐ "I get extremely nervous when I speak to a group."
 - ☐ "I often break promises I have made to myself or others."
 - ☐ "I experience severe test anxiety."
 - ☐ "I think most of my classmates are smarter than I am."
 - ☐ "I wonder if I'm 'college material.'"
 - ☐ Other situations that make learning difficult? _____
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