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:

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?

___ Persistence
___ Determination
___ Curiosity about new things
___ Willingness to hear others’ views
___ Flexibility to change
___ Optimism
___ Confidence
___ Inner strength
___ Honesty with self
___ Creativity in approaching solutions
___ Ability to connect with others
___ Self-awareness
___ Bold approach to new things
___ Other

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

___ Your academic advisor
___ Advisors in the Academic Advisement Center
___ Career Services
___ Peer Tutoring Program
___ Logic Lab
___ Math Center
___ Science Center
___ Writing Center
___ An instructor’s office hours
___ A Course Progress Alert
___ Freshman Seminar / ACS 101
___ Student Health Services
___ Counseling Services
___ Office of Multicultural Affairs
___ Center for Spirituality
___ Resident Advisor
___ Office for Students with Disabilities
___ Financial Aid office
___ Student Accounts office
___ The First Year Center
___ Commuter Student
___ Other
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.)

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

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

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

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

___ Classes were too small
___ Classes were too large
___ Problems with the professor
___ Poor teaching
___ Little to no feedback on performance
___ No access to professor outside of class
___ Poor advising
___ Lack of tutoring
___ No place to study
___ Unaware of support services
___ Few people with my interests
___ Other institutional factors: ___________________
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.)

___ Reading textbooks or reserve materials
___ Taking notes from class lectures
___ Re-writing class notes
___ Taking notes on readings
___ Reviewing flashcards
___ Reviewing concepts aloud
___ Skimming textbooks
___ Skimming or reading class notes
___ Quizzing myself
___ Studying with a group
___ Others: ________________________

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? __________________________