

Pre-Probation Self-Assessment

What is Academic Probation?

Undergraduate students are placed on academic probation at the end of fall or spring semester when their cumulative GPA falls below a 2.0. This is a warning period where Academic Advisors and other campus partners work with students to provide additional assistance and support in an effort to improve academic success.

There are several factors that contribute to a lack of academic success.

To help us determine which factors affected you this semester, please complete this self-assessment so that you and your Academic Advisor can develop strategies for a better semester.

Please mark an “X” next to any of the following areas that may have made your academic success difficult.

Study Skills

- Poor study skills
- My classes were too hard
- High school didn't prepare me for college
- Difficulty managing my time
- Unhappy with an instructor's teaching style
- Unable to understand course materials
- Took too heavy a course load
- Poor performance on tests

Family/Social Adjustment

- Adjustment to new country / culture
- Adjustment to UNM / being in college
- Separation from friends / family / home
- Housing or roommate issues
- Home or family problems
- Trouble making friends
- Loneliness or lack of emotional control

Personal Issues

- Possible learning disability
- Can't find meaning in anything
- Lack of motivation
- Financial difficulties
- Balancing school with work and/or family
- Physical illness, health problems, injury
- Use of alcohol or other substance abuse
- Pressure, stress, tension, anxiety
- Conflict with social obligations/activities
- Too much time doing outside activities
- Too many hours working
- Use of alcohol or other substance abuse

Academic/Major/Career Issues

- Unsure about major
- No clear plans or career goals
- Unsure of interests, skills, & abilities
- Trouble adjusting after academic hiatus (leave)
- Missed or skipped classes
- Trouble keeping up with homework
- I have great intentions, but poor follow-through

Other Reasons

- _____
- _____

In which areas below do you think you need assistance? Select all that are appropriate.

- | | | |
|---|--|---|
| <input type="checkbox"/> Study skills | <input type="checkbox"/> Math skills | <input type="checkbox"/> Writing skills |
| <input type="checkbox"/> Test-taking skills | <input type="checkbox"/> Career Goals | <input type="checkbox"/> Time Management |
| <input type="checkbox"/> Stress Management | <input type="checkbox"/> Overcoming test anxiety | <input type="checkbox"/> Dealing with chemical dependency |
| <input type="checkbox"/> Other areas: _____ | | |

****Assessment continues on the following page.****

Self-Reflection

Take a moment to look back over the last semester(s). Consider what worked well and what needs improvement. In your own words, what plans do you already have to improve your academic success? You may use additional space if necessary.