



WICHITA STATE
UNIVERSITY
FAIRMOUNT COLLEGE OF
LIBERAL ARTS AND SCIENCES
Advising Center

*Liberal Arts and Sciences Advising Center
Self-Assessment Worksheet*

Name _____ WSU ID _____

Please take time to reflect on the items below. Include this completed worksheet with your petition for readmission. Your responses will help you and your academic advisor develop a personalized plan for academic recovery and success.

CHALLENGES: In your own words, please describe the factors that contributed to your academic difficulties.

STRENGTHS: In spite of difficulties, I am proud of the following (include both academic and personal success):

RESOURCES: The following people or resources can provide me support as I move forward:

Please check the following areas that have been challenging recently. This information is confidential and will not be shared with anyone other than the faculty exceptions committees and the Liberal Arts and Sciences Advising Center.

STUDY SKILLS

- Concentration easily broken
- Difficult classes
- Difficulty managing time or procrastination
- Too heavy a course load or didn't keep up with reading
- Unable to understand material or lecture
- Unsure how to study
- Other:

MAJOR/CAREER RELATED ISSUES

- Difficulty with courses in my major
- Uncertain of academic/career goals
- Unsure of interest, skills, or abilities
- Unsure of major choice
- Other:

FAMILY/SOCIAL ISSUES

- Adjustment to WSU and/or USA
- Connection with other students
- Home or family problems
- Housing/roommate issues
- Separation from friends, family, or home
- Crisis and/or emergency
- Other:

PERSONAL ISSUES

- Balancing school, work, and/or family
- Financial difficulties
- Illness or health problems
- Stress and/or anxiety for extended periods
- Social distractions
- Substance abuse
- Sadness or loneliness
- Other:

PERSONAL EVALUATION: However great our difficulties, there is always some degree of control that we have over the outcomes. Below is a place to sort out those items that are out of your control and those things you could have done differently over the past semester.

OUTSIDE MY CONTROL

COULD HAVE DONE DIFFERENTLY

My ideas for improving my academic performance next semester, including changes I have already made: