Student Support Services
Academic Skills Assessment Worksheet

Rate your academic skills in the areas listed below. Select the answer that BEST describes your current skill level

	Very Weak	Weak	Neutral	Strong	Very Strong
Memory skills	○	○	○	○	○
Listening with comprehension	○	○	○	○	○
Taking notes in class	○	○	○	○	○
Learning facts and concepts from textbooks	○	○	○	○	○
Access to computers	○	○	○	○	○
Competence on computer	○	○	○	○	○
Managing my time wisely	○	○	○	○	○
Speaking in front of a group	○	○	○	○	○
Studying for tests	○	○	○	○	○
Taking tests	○	○	○	○	○
Writing papers	○	○	○	○	○
Preparing a resume	○	○	○	○	○
Organizing my study space	○	○	○	○	○
Conserving my energy for appropriate activities	○	○	○	○	○
Attending class	○	○	○	○	○
Studying for more than 3 hours a day	○	○	○	○	○
Goal Setting	○	○	○	○	○

Please identify the needs by checking on the boxes below:

- ☐ **Academic Tutoring**
  - ☐ One-on One
  - ☐ Walk-in
- ☐ **Advice and assistance in postsecondary course selection**
  - ☐ Assistance with degree planning
  - ☐ Advice on course selection (e.g. gen. ed. or major requirements)
- ☐ **Individualized advising**
  - ☐ Academic
    - ☐ Study skills
    - ☐ Goal Setting
    - ☐ Motivation
  - ☐ Career
    - ☐ Resume writing/Cover letter
    - ☐ Interviewing skills
    - ☐ Internships
  - ☐ Personal
    - ☐ Stress management
    - ☐ Time management
    - ☐ Organizational skills
- ☐ **Information on Federal student financial aid programs and benefits**
  - ☐ Assistance in completing financial aid applications
  - ☐ Information on resources for loans, grants, and scholarships
- ☐ **Education services to improve economic and financial literacy**
  - ☐ Assistance with budgeting, savings, and credit
  - ☐ Student loan repayment plan
- ☐ **Assistance in applying for admission in graduate school**
  - ☐ Assistance with information and/or application procedures
  - ☐ Provide letters of recommendations upon request
  - ☐ Assist with graduate school application fee waiver
  - ☐ McNair Scholar's Program referral
- ☐ **Mentoring Services**
  - ☐ Peer mentor
  - ☐ Faculty mentor
- ☐ **Other Academic Support Services**
  - ☐ Use of the SSS Technology Learning Lab (on-campus computer use & printing)
  - ☐ Laptop/iPad Checkout
  - ☐ Textbook Checkout