

Name _____
Student ID# _____



Academic Success Exercise Identifying the Causes

Directions: You must complete this form and bring it with you to the academic advising center in order to have your hold removed. Mark an “X” for any of the following which you think may have contributed to your low grades and circle the “X” for issues which bothered you the most. If there are other issues not listed, please discuss them with an academic advisor.

Study Skills

- Lack of study skills
- Difficulty managing time
- Unhappy with teaching skills of instructor
- Unable to understand course materials
- Too heavy of a course load
- Lack of study preparation

Personal Issues

- Financial difficulties
- Use of alcohol or other drugs
- Stress and anxiety
- Loneliness or depression
- Learning or physical disability
- Lack of motivation
- Work schedule

Family/Social Adjustment

- Adjustment to college
- Separation from home, family & friends
- Housing, roommate issues
- Home or family problems
- Trouble making friends
- Too many social activities

Career/Major Issues

- Unsure of major
- No long-range goals or plans
- Unsure of interests, skills & abilities

Other _____

*** Bring completed exercise to advising appointment.**