
Pathways to Success: *Mapping my Path*

Complete the following self-assessment. Be as honest as you can, in ways that are comfortable for you. The goal of this assessment is to help you clarify your academic goals, identify your strengths as a student, and find areas where you would like to build new skills.

Things that went well last semester:

- 1.
- 2.
- 3.
- 4.
- 5.

Things I will do differently this semester:

- 1.
- 2.
- 3.
- 4.
- 5.

How did I get to Juniata? Why College? What do I care most about? When I grow up, I want to ? I want to be.....?
Reflect on your choice to come to college and the hopes and dreams that influence your choices while you are here.

Reasons why college is important to me:

Check all that apply:

- | | |
|---|--|
| <input type="checkbox"/> For better employment opportunities | <input type="checkbox"/> All my friends are going |
| <input type="checkbox"/> Because it's required for the career I want | <input type="checkbox"/> I love learning new things |
| <input type="checkbox"/> To make more money | <input type="checkbox"/> To develop skills so I can get a good job |
| <input type="checkbox"/> To explore career options and figure out what I like | <input type="checkbox"/> To develop skills so I can get a job I love |
| <input type="checkbox"/> To get away from home | <input type="checkbox"/> To develop marketable skills |
| <input type="checkbox"/> To play sports | <input type="checkbox"/> I don't know |
| <input type="checkbox"/> Because my parents are making me | <input type="checkbox"/> Other |
| <input type="checkbox"/> Because I want to help my family financially | <input type="checkbox"/> |

My Study Habits Review

Check strategies you use – highlight/circle those you want to try next.

- | | |
|--|---|
| <input type="checkbox"/> Created a study plan at the beginning of the quarter for each class | <input type="checkbox"/> Created/joined a study group |
| <input type="checkbox"/> Attended a majority of the lectures and discussions for each class | <input type="checkbox"/> Took notes in class |
| <input type="checkbox"/> Did readings before each lecture | <input type="checkbox"/> Reviewed notes before each class |
| <input type="checkbox"/> Checked in with professor/TA before each assignment/midterm/final | <input type="checkbox"/> Went to office hours for clarification |
| | <input type="checkbox"/> Made a study plan and stuck to it |

What is preventing me from meeting my goals?

Check all that apply

- | | |
|---|---|
| <input type="checkbox"/> I feel under prepared academically | <input type="checkbox"/> I work long hours/ work-study balance |
| <input type="checkbox"/> I need better study skills | <input type="checkbox"/> Health/illness |
| <input type="checkbox"/> I struggle with time management | <input type="checkbox"/> Relationship issues |
| <input type="checkbox"/> I lack confidence | <input type="checkbox"/> Technology distractions:
facebook/internet/video games/tv |
| <input type="checkbox"/> Family responsibilities | <input type="checkbox"/> I don't have college role models |
| <input type="checkbox"/> I lack motivation | <input type="checkbox"/> Lack of institutional fit/sense of belonging |
| <input type="checkbox"/> Social distractions/partying | <input type="checkbox"/> Other: |
| <input type="checkbox"/> I lack interest in the subject | |
| <input type="checkbox"/> Procrastination habits | |

This semester, I make the following commitments to myself:

What is/are my goal(s) this semester?

What strategies will I develop/strengthen in order to meet my goals?

Who will be part of my success team?

What resources will I develop and/or utilize to achieve my goals?

What traps or challenges can I anticipate and plan for?

How will I hold myself accountable to the goals and strategies I have identified?

Are your goals SMART?

Specific

Measurable

Achievable

Relevant

Time-bound