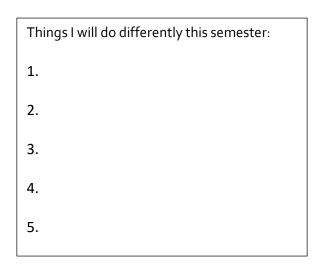
Pathways to Success: Mapping my Path

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.	



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:

- □ For better employment opportunities
- Because it's required for the career I want
- □ To make more money
- To explore career options and figure out what I like
- □ To get away from home
- □ To play sports
- Because my parents are making me
- □ Because I want to help my family financially

- All my friends are going
- I love learning new things
- □ To develop skills so I can get a good job
- To develop skills so I can get a job I love
- □ To develop marketable skills
- I don't know
- Other

My Study Habits Review

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

- Created a study plan at the beginning of the quarter for each class
- Attended a majority of the lectures and discussions for each class
- □ Did readings before each lecture
- □ Checked in with professor/TA before each assignment/midterm/final

- □ Created/joined a study group
- Took notes in class
- □ Reviewed notes before each class
- □ Went to office hours for clarification
- Made a study plan and stuck to it

What is preventing me from meeting my goals? Check all that apply

- □ I feel under prepared academically
- □ I need better study skills
- □ I struggle with time management
- □ I lack confidence
- □ Family responsibilities
- □ I lack motivation
- □ Social distractions/partying
- □ I lack interest in the subject
- Procrastination habits

- □ I work long hours/ work-study balance
- Health/illness
- □ Relationship issues
- Technology distractions: facebook/internet/video games/tv
- □ I don't have college role models
- □ Lack of institutional fit/sense of belonging
- □ Other:

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?

Specific

Measurable

Achievable

Relevant

Time-bound