Check each of the items you feel may have contributed to your present academic situation

Have any course problems made learning difficult for you?

___ Inappropriate background for course  ___ Unrealistic amount of work assigned in class
___ Course load too heavy  ___ No interest in particular course
___ Uncertain about your academic and/or career goals  ___ Too little time available in your schedule
___ Other course problems: ____________________________  ___ I am doing well and have not had any course problems

Are there personal issues that may have interfered with your performance?

___ Health issues  ___ Loneliness
___ Financial difficulty  ___ Burnout from taking classes
___ Too many commitments  ___ Unresolved personal problems
___ Lack of confidence in your abilities  ___ Family problems
___ Social distractions  ___ Substance abuse
___ Change in relationship with someone important to you  ___ Anxiety
___ So far, no personal issues have interfered with my academic performance  ___ Learning disabilities
___ Learning-related issues

Have any of the following institutional factors made learning difficult for you?

___ Teaching  ___ Unaware of support services that can help
___ Problems with instructors  ___ No opportunity for involvement with other students
___ Classes too large  ___ Few people with interests or backgrounds similar to yours
___ Campus values differ from yours  ___ Advising
___ Lack of good tutors  ___ Inadequate facilities for studying
___ Other institutional factors: ________________________  ___ No, I feel that I have had a good Wittenberg learning experience

Has your approach to studying hindered your academic progress?

___ Good intentions but poor follow through  ___ Too little time for review
___ Concentration easily broken  ___ Material quickly forgotten
___ Worries about failure interrupt study  ___ Memorization substituted for understanding
___ Spotty reading of textbooks  ___ Too little time to prepare for tests
___ Unprepared for classes  ___ Unexpected questions on tests
___ Lecture notes useless for studying  ___ Unsure about how to study
___ Uncertain about what is important to study  ___ Other approaches to studying: ________________________

Are there other factors that might be making learning difficult?

___ Enrolled in college because you were expected to  ___ Unsure about how college fits into your goals
___ External expectations rather than internal motivation keeps you on campus  ___ Learning is rarely fun
___ On and off-campus activities distract you  ___ Negative emotions (stress, boredom) are part of college routine
___ Life seems to be “on hold”  ___ Energy low for completing assignments
___ Athletic program did not work out  ___ Learning has not been difficult at Wittenberg