

## Self-Reflection Checklist – Penn State Abington

Complete and bring to your advising appointment.  
 If you identify with a topic below, mark the box with an “X”:

Name: \_\_\_\_\_ PSU ID: \_\_\_\_\_ Date: \_\_\_\_\_

<p><b>Academics – Study Habits</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Difficulty managing time</li> <li><input type="checkbox"/> Unsure how to study for college courses</li> <li><input type="checkbox"/> Understand material, but trouble with exams</li> <li><input type="checkbox"/> Enrolled in too many courses/credits</li> <li><input type="checkbox"/> Do not take notes</li> <li><input type="checkbox"/> Concentration is easily broken</li> <li><input type="checkbox"/> Do not attend class regularly</li> <li><input type="checkbox"/> Trouble keeping up w/ assigned readings</li> </ul>	<p><b>Motivation</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> I am not sure why I am in college</li> <li><input type="checkbox"/> I feel tired all the time</li> <li><input type="checkbox"/> I am only here because of my parent(s)</li> <li><input type="checkbox"/> I spend too much time on entertainment</li> <li><input type="checkbox"/> I procrastinate when I have work to do</li> <li><input type="checkbox"/> My classes aren’t as important as work/clubs</li> <li><input type="checkbox"/> I find it difficult to feel motivated</li> <li><input type="checkbox"/> Not sure about my major</li> </ul>
<p><b>Course Content</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Unable to understand course content</li> <li><input type="checkbox"/> Difficulty writing papers</li> <li><input type="checkbox"/> Difficulty w/ math course(s)</li> <li><input type="checkbox"/> Difficulty w/ science course(s)</li> <li><input type="checkbox"/> Difficulty w/ courses in my major</li> <li><input type="checkbox"/> Uninterested in course topic(s)</li> <li><input type="checkbox"/> Problem w/ instructor</li> </ul>	<p><b>Personal/Social Concerns</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> I have health concerns that interfere w/ studies</li> <li><input type="checkbox"/> I have problems w/ my living situation</li> <li><input type="checkbox"/> I have family responsibilities (parents/children)</li> <li><input type="checkbox"/> I feel isolated, anxious, tired, depressed</li> <li><input type="checkbox"/> I’m not adjusting well to Penn State or the area</li> <li><input type="checkbox"/> I suffered a traumatic event</li> <li><input type="checkbox"/> I have other private, personal concerns</li> </ul>

Do you feel there were conditions out of your control that negatively impacted your academic performance? Please explain:

In conversation with your advisor, list three goals for next semester and steps to reach each goal

	Goals	Steps to reach Goals
1		
2		
3		

**If desired by your advisor, the date of the follow-up appointment is \_\_\_\_\_**

# Penn State Abington Resources

Center for Student Achievement – [Abington.psu.edu/center-student-achievement](http://Abington.psu.edu/center-student-achievement)

- 315 Sutherland
- 215-881-7538
- [achieve-ab@psu.edu](mailto:achieve-ab@psu.edu)

Advising Center – [Abington.psu.edu/academics/academic-support/advising-center](http://Abington.psu.edu/academics/academic-support/advising-center)

- 224 Sutherland
- 215-881-7328
- [AbingtonAdvising@psu.edu](mailto:AbingtonAdvising@psu.edu)

Career & Professional Development – [Abington.psu.edu/campus-life/careers](http://Abington.psu.edu/campus-life/careers)

- 206 Lares
- 215-881-7529
- [careers-ab@psu.edu](mailto:careers-ab@psu.edu)

Counseling & Psychological Services

- 103 Cloverly
- 215-881-7577
- [abingtonCAPS@psu.edu](mailto:abingtonCAPS@psu.edu)

Financial Aid – [Abington.psu.edu/tuition-financial-aid](http://Abington.psu.edu/tuition-financial-aid)

- 106 Sutherland
- 215-881-7625
- [ABstudentaid.psu.edu](http://ABstudentaid.psu.edu)

Student Disability Resources – [Abington.psu.edu/disability-services](http://Abington.psu.edu/disability-services)

- 223 Sutherland
- 215-881-7962
- [AbingtonSDR@psu.edu](mailto:AbingtonSDR@psu.edu)

Student Success Office – [Abington.psu.edu/student-success-office](http://Abington.psu.edu/student-success-office)

- 303 Sutherland
- 215-881-7964
- [cjw18@psu.edu](mailto:cjw18@psu.edu)