

# Academic Success Plan | Step #1: Challenge Identification

Step #2

Name:

PSID:

Date:

The good news is we CAN help you map out a plan that will lead you to success! The first step to creating your Academic Success Plan is to take an honest look at what is working and what is not working for you.

**Identify your Challenges:** Please carefully review all of the factors below and mark all that describe a challenge that may be an obstacle to your academic success.

**Build on Your Strengths:** What strengths do you have that may help you succeed?

## Academic Factors

- Reading speed (Do others seem to read much faster than you?)
- Reading comprehension (Do others seem to get more from the text?)
- Mechanics of written work (spelling, punctuation, sentence construction)
- Organization of written work in a paper (flow of ideas, detail, order)
- Quantitative skills (numerical/math)
- Math Comprehension (Do others seem to understand the problems more quickly?)
- Concentration
- Memory
- Note-taking skills
- Study skills
- Test-taking skills
- Time management
- Procrastination
- Motivation
- Major or career decision
- Attending class
- Adapting to instructor's teaching style
- Challenging course load
- Other

## Personal Factors

- Living arrangements
- Having a good place to study
- Commuting/transportation
- Roommate/suitemate difficulties
- Relationships/family members
- Health problems
- Stress/anxiety management
- Financial concerns
- Work obligations
- Other demands on time (e.g., clubs, social)
- Adjustment to the university
- Addictions
- Other

## Other Factors

- Sticking with a project
- Recovering after a difficulty
- Thinking critically
- Being self-disciplined
- Staying focused
- Feeling confident
- Working as a team member
- Maintaining organization
- Staying on task
- Being curious
- Showing creativity

**Reflect:** How are these factors impacting your academic progress?

**You're ready for Step #2.** Please email Dr. Pierson at [mpierson@uh.edu](mailto:mpierson@uh.edu) to make an appointment for your **Academic Success Plan Consultation**.