



Student Assessment

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Do you feel that you are on track to having a successful and enjoyable college life? Do you feel balanced with your time, personal and financial management?

Read the statements below and score each from a number **1** to **10**. **1** means that you do not agree with the statement at all and **10** means that you agree with it completely?

Choose the number that you feel best represents where you are right now:

1. ____ I feel like I have enough time to do everything I need to do and want to do.
2. ____ I know how to manage my money and use credit appropriately.
3. ____ I have realistic expectations of what I can get done during my studying time.
4. ____ I have good relationships with my teachers and professors, they know me and support me.
5. ____ I have a good balance of studying time, personal time and work time.
6. ____ I have enough money to cover all my basics (food, rent, utilities, car, tuition etc.).
7. ____ I use the right study strategies for my personality and learning style.
8. ____ My family is pleased with my choices and cheers me on.
9. ____ I spend time planning for the future, have an idea of what is in store for me and feel capable of making it happen.
10. ____ I'm energized with my academic career choice and excited about the future.
11. ____ I use my time wisely and arrive to class on time and meet my homework and project deadlines.
12. ____ I say no to opportunities that I simply don't have time for.

13. ____ I make sure I have free time to do the things I love to do.
14. ____ I have good stress relief habits and take extra care of myself when I start to feel the tension creeping in.
15. ____ I have a strong sense of who I am and what's important to me.
16. ____ I find time to fit in fun with family and friends on a regular basis.
17. ____ I take good care of myself physically by eating well and finding time to work out.
18. ____ I feel like I can keep up with my life and know how to keep from getting overwhelmed by all the details coming to me on a daily basis.
19. ____ I have a good financial plan around schooling that I don't feel stressed.
20. ____ I feel that am able to handle mistakes and failures by using them as learning opportunities.
21. ____ I feel like I have the skills required to break down a project/test/deadline into manageable parts.
22. ____ I am having fun with my studies.
23. ____ I feel financially prepared to handle to my academic commitments.
24. ____ I feel that I am well equipped with effective study habits.
25. ____ I am confident with my powerful communication skills.
26. ____ I feel confident that I can successfully manage my work load at school.
27. ____ I have good relationships with my family and friends.
28. ____ I have a mentor that I meet with regularly who support my growth.

This assessment is meant to provide you with a snapshot of your school life in this moment. Follow these directions to better understand which areas need your attention.

Total your scores as follows:

Total the scores you gave for questions 1, 3, 9, 11, 13, 16, 21 and 26. Write your total here:_____

These questions have to do with Time Management. A high score of (65-80) shows that you have a great handle on how you spend your time and how you schedule your week. Your watch is strictly a fashion statement! A mid-range score (30-64) shows that with some simple tweaks to your scheduling, you could get more done in less time. A score below 29 means that you likely rush to class, are late for the bus and perhaps appointments. Spending some time and attention on scheduling and making some changes will help you feel less scattered and more productive. I can show you how.

Total the scores you gave for questions 2, 6, 19, and 23. Write your total here:_____

These questions have to do with Financial Management. A score of (30-40) shows you are right on target. Show me the money as they say! A mid-range score of (15-29) shows that some financial know how can pay off big for you in the future. A score below 15 shows that you have a lot of room for improvement. Focusing on this area will help you avoid bad debt and stay on track financially. I can help.

Total the scores you gave for questions 4, 5, 7, 8, 10, 12, 14, 15, 17, 18, 20, 22, 24, 25, 27 and 28. Write your total here:_____

These questions have to do with Personal Management. A score of (120-160) shows signs of good strength and that you handle the things that come your way. It shows you are good with setting boundaries. A mid-range score of (51-119) shows that you have some good potential and with some discipline and consistency you can manage yourself well. A score of 50 or below, which will be no newsflash to you reveals that this a pain point for you. Help is on the way. Just call me.

Having a successful school life doesn't have to look a certain way. What's important is that you make it work for you, and that's going to be different for all of us. Take a look

at these sections of the assessment that tell you where there is room for improvement. What's one specific action you could take today to improve in that area? It could be talking with your family about possible support, or scheduling a night out with friends, or even slightly shifting your morning routine to get more done.

Whatever it is, pick a small **specific** thing you'll do right now. Email me and let me know (harrisc@carteret.edu). I'll give you some specific feedback on it, and if you tell me the date by which you promise you'll get it done, I'll check in on you and see if you did it. Now get going! All the best.

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