On a scale of 1-4, indicate the degree to which you agree with each statement.

4 = Strongly agree 3 = Somewhat agree 2 = Somewhat disagree 1 = Strongly disagree

Academic Success

_____ I effectively prioritize and complete my schoolwork.
_____ I have a comfortable balance with school, work, and personal responsibilities.
_____ I know when all of my assignments are due and exams are held.
_____ I attend and participate in all of my classes, discussions, and labs.
_____ I know my current academic standing and understand the policy regarding probation.
_____ I know how to run and read my DARS report.

_____ ***Total***

Purpose

_____ I enjoy school and want to be in college.
_____ My purpose for getting an education is clear.
_____ This is the right time for me to complete a college degree.
_____ I have specific and attainable educational and career goals.
_____ I fit in at UW-Madison.
_____ I found the transition to UW-Madison from high school or my previous college to be smooth.

_____ ***Total***

Belonging

_____ My family is supportive of my education, including my major choice and career goals.
_____ I have talked to my family about my grades this past semester.
_____ I have friends here at UW-Madison with whom I talk about school.
_____ I feel safe in my relationships.
_____ I am happy with the support system I have.
_____ My cultural background is affirmed and valued.

_____ ***Total***

Safety & Security

_____ I feel safe on the UW-Madison campus.
_____ I feel safe where I live (i.e. residence hall, off-campus apartment, etc.).
_____ I have a manageable plan for paying my bills, including tuition, housing, and other expenses.
_____ My work schedule fits around my academic schedule, including classes and study time.
_____ I am able to access healthcare that I need, including mental health care.
_____ I am able to afford any medications prescribed to me.

_____ ***Total***

Physiological

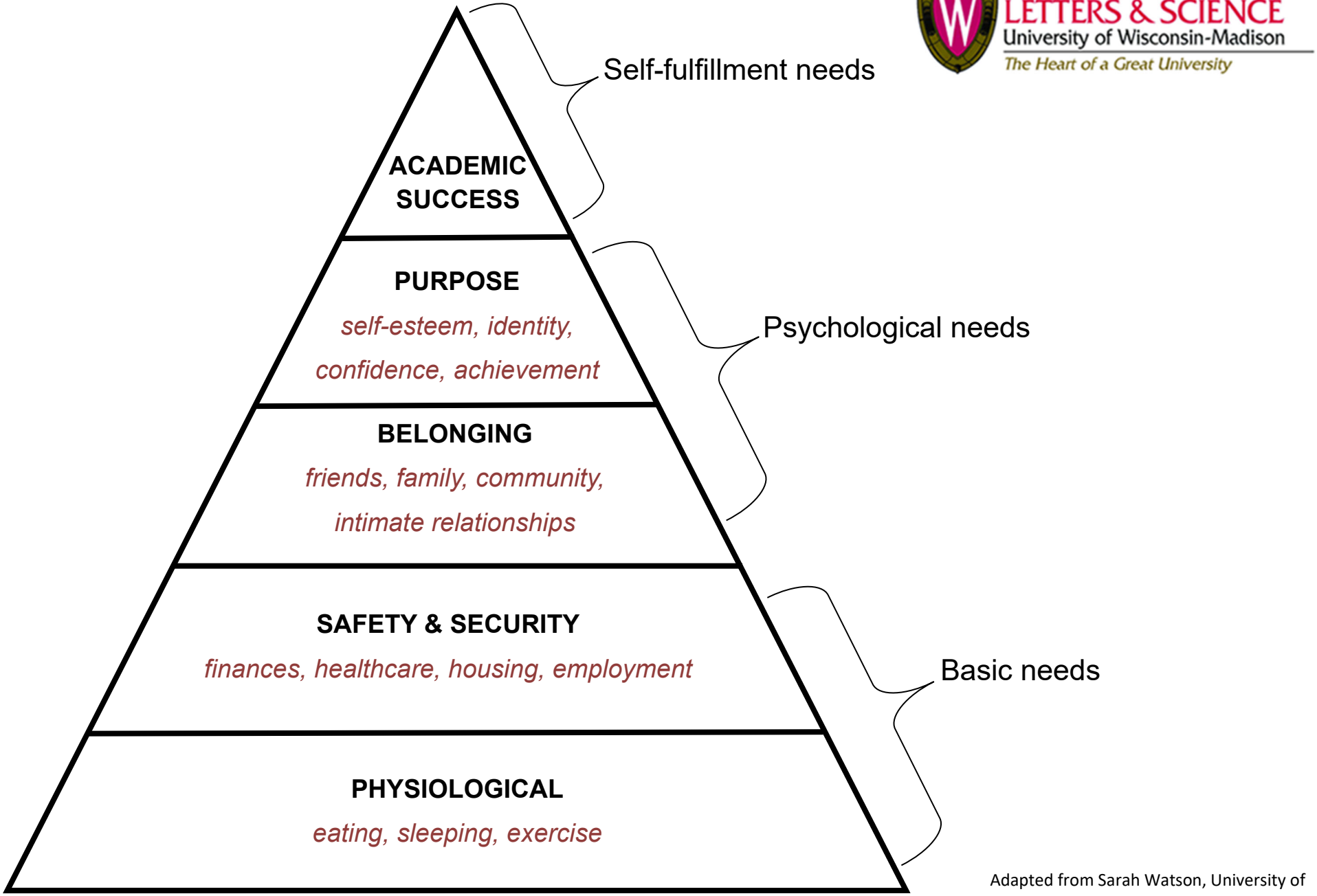
_____ I feel well-rested most days of the week.
_____ I go to sleep and wake up at consistent times throughout the week.
_____ I eat a balanced diet.
_____ I exercise regularly.
_____ Alcohol and drug use does not interfere with my daily activities.
_____ I have appropriate clothing for Wisconsin winters.

_____ ***Total***

Circle 2-3 topics with the lowest totals. These are your "areas for growth" —areas where you may benefit from additional support or an adjustment in approach.

Review the resources associated with your areas for growth on this page and contact one office or resource. Discuss this worksheet with your advisor.

Adapted from Bergen Community College for the Letters & Science Probation Initiative,



Adapted from Sarah Watson, University of Illinois at Urbana-Champaign