

Form #1: Think about Last Semester*

Step 1: Answer the following questions.

1. What is your current cumulative GPA?
2. What is your current academic standing?
3. What restrictions does the university place on you because of your current academic standing?

Step 2: Review the list of possible reasons for earning a GPA below 2.0. Mark "X" for those true for you.

Step 3: Circle the "X"s for the problem(s) which bother(ed) you the most.

- I don't know how to take good notes, study for tests and/or read a textbook so I remember the material.
- I didn't learn some of the material in high school that my professors expect me to know here in college.
- I have difficulty finding enough time to study.
- I don't quite understand a lot of material I'm studying.
- I don't know why I'm studying these subjects because I don't know what major or career I'm heading for.
- Some (or all) of my classes are very hard for me.
- I have a hard schedule this semester.
- I was not allowed to drop a course this semester.
- I think my professor(s) doesn't teach very well.
- I worry a lot about money.
- A health problem interferes with my studying.
- My drinking or use of drugs interferes with my ability and time to study.
- I'm having trouble adjusting to life in America.
- I have trouble making friends.
- The pressure of college makes me feel "stressed out" and full of tension.
- Tests are hard for me and make me feel very anxious.
- I can't seem to adjust to GMU; it is so different from where I came from.
- I miss my friends and/or family from home.
- I lack the motivation or drive to study.
- I have problems at home or within my family that bother me a lot of the time.
- I am lonely and need some people "in my corner" who support me.
- The conditions in my dorm or difficulties with my roommate make studying difficult.
- My learning or physical disability makes studying hard.
- My low grades are the result of a computer error.
- I have transportation problems which make studying hard.
- I have trouble sleeping.
- I have athletic obligations that interfere with my academic performance.
- My work hours interfere with my studying time.
- I am over-committed. I have too many social and/or work responsibilities.
- My parents are pressuring me to go to college and/or major in _____ .
- Other causes for my low grades: _____ .

* Adapted from checklist for Common Causes of Low Grades by Debbie Wilson, sports psychologist at GMU.