

Academic Success Center - Academic Intervention Self-Assessment

Obstacles List – December 2012

Academic

- Ineffective study skills
- Uncomfortable/oppressive classroom climate
- Lack of motivation
- Unprepared for exams
- Did not attend/skipped class
- Registered for too many classes
- Hard to concentrate/daydreaming
- Difficult classes/not prepared for course level
- What worked in high school doesn't work anymore
- Undeveloped time management skills
- Unable to understand course content
- Conflict with professor

Major/Career

- Not sure why I'm in school
- Iowa State may not be the place for me
- No clear career goals
- Changed major one or more times
- Uncertain about major

Personal/Other

- Excessive time spent online (FaceBook, YouTube, etc.)
- Excessive time spent gaming (including online)
- Over-involved with extra-curricular activities
- Pressure, stress, anxiety or tension
- Difficulty sleeping at night
- Possible learning disability
- Use or abuse of alcohol or other substance(s)
- Hard to get out of bed in the morning
- Health problems
- Financial difficulties (see Financial/Employment category below)

Family/Social Adjustment

- Interpersonal violence
- Personal relationship issues
- Hard to make friends/Loneliness
- Difficulty adjusting to college life
- Moved away from home/homesick
- Personal/family situation
- Roommate conflicts

Financial/Employment

- Working too much
- Not enough financial aid to cover expenses
- Difficulty paying bills (tuition/fees and/or monthly expenses)
- Change in Financial Status due to personal reason (new dependent, divorce, loss of own job/income)
- Change in Financial Status due to parental loss of income/loss of employment
- Cannot find a part-time job to help pay bills

Duration of Financial Aid Eligibility

- I am working on multiple degrees.
- I am a part-time student.
- I am a student who transferred in multiple credits from another institution(s).
- I have changed my major multiple times