

We want you to be successful with your academic pursuits at Northwood Technical College. Complete this form and bring it to your counselor appointment. This form will help you identify areas of concerns and possible ways to address those concerns. The information on this form may be used by you and your counselor to develop a plan to fulfill your satisfactory academic progress standards. The signature sheet of this form will be kept in your Northwood Tech file. Information on this assessment, except for the signature sheet, will be confidential between you and your counselor. Please keep a copy of this assessment for your records.

**\*\*\*This form must be completed and printed before reviewing with your counselor.\*\*\***

Schedule an appointment with a counselor by contacting Student Services at your campus.

**Ashland:** 715-682-4591  
**Rice Lake:** 715-234-7082

**New Richmond:** 715-246-6561  
**Superior:** 715-394-6677

## STUDENT INFORMATION

Campus

☐ Ashland

☐ New Richmond

☐ Rice Lake

☐ Superior

☐ Online

Last Name

First Name

Student ID

Email

Phone

Program

Academic Advisor

Home Campus Counselor

Next Term Enrolling (Term / Year)

# Student Self-Assessment

Below are services and strategies to help with student success. Which have you used? Which would you like to try in the future?

Used	Want to Try	
		Contacted instructor(s) - Name(s):
		Contacted advisor - Name:
		Utilized the <i>Academic Support Center</i>
		Utilized the <i>Educational Technology Center</i>
		Utilized the <i>Learning Resource Center</i>
		Utilized the <i>Peer Tutoring Program</i>
		Utilized the <i>Online Tutoring Program</i>
		Utilized other <i>Learning Commons</i> services - List:
		Studied with a friend/classmate(s)
		Made/used study aids (flash cards, etc.)
		Used supplemental course materials
		Met with a campus Counselor - Name:
		Met with a campus Accommodations Specialist - Name:
		Met with an external mental health therapist/counselor
		Met with a physician or other healthcare provider
		Increased study time
		Decreased work hours and other commitments
		Took the <i>Success Strategies</i> course
		Participated in other student success workshops and seminars - List:
		Reduced your credit load
		Changed courses to a different instructional mode (example: swapped an online course for a face-to-face course)
		Changed programs
		Created and followed a schedule, which included study time
		Created and followed a financial budget
		Participated in a career seminar or other career counseling opportunity
		Financial literacy training: <a href="http://www.Northwood Tech.edu/finance/financial-literacy.htm">www.Northwood Tech.edu/finance/financial-literacy.htm</a>
		Other:
		Other:
		Other:

Comment about the factors that you checked. What helped you be successful or not successful in your courses? What factors contributed to your academic challenges?

---



---



---

Check the factors below that impact your success.

## **Health or Wellness Issues**

- ☐ Poor health/illness
- ☐ Injury/accident
- ☐ Stress
- ☐ Depression
- ☐ Anxiety
- ☐ Phobia
- ☐ Alcohol/tobacco substance abuse problems
- ☐ Lack of sleep
- ☐ Problems concentrating
- ☐ Memory problems
- ☐ Poor diet/exercise
- ☐ Other:

## **Personal or Adjustment Difficulties**

- ☐ Family pressures
- ☐ Family/marital/roommate conflict
- ☐ Homesick for family and/or friends
- ☐ Problem juggling school and other obligations
- ☐ Job demands impacted study time/classes
- ☐ Childcare
- ☐ Pregnancy
- ☐ Transportation problems
- ☐ Social life took priority over academics
- ☐ Lack of connection to campus
- ☐ Loneliness/isolation
- ☐ Death of a family member or close friend
- ☐ Legal obligations
- ☐ Other:

## **Lack of Direction or Ineffective Study Strategies**

- ☐ Unsure of strengths/talents
- ☐ Confused about major/career plans
- ☐ Do not feel adequately prepared for classes or classes are too hard
- ☐ Poor follow through with assignments
- ☐ Problems with note taking
- ☐ Problems with test taking
- ☐ Lack of motivation
- ☐ Ineffective study skills
- ☐ Unsure where to get tutoring or how to join a study group
- ☐ Uncertain on how to get help with career exploration
- ☐ Unsure of how to approach instructors
- ☐ Disinterested in school
- ☐ Heavy course load
- ☐ Missed classes
- ☐ Poor study environment
- ☐ Unaware of Northwood Tech's rules: drop/add deadlines, course prerequisites
- ☐ Lack of access to required technology: computers, internet, etc.
- ☐ Conflict with instructor(s)
- ☐ Did not report a disability and/or receive accommodations for a disability
- ☐ Did not attend class regularly and/or log onto online courses regularly
- ☐ Did not complete required homework assignments and/or required readings

- \_\_\_ Did not buy/obtain textbooks by the start of the semester
- \_\_\_ Did not understand or review syllabi
- \_\_\_ Did not participate in class: class discussions, group projects, etc.
- \_\_\_ Did not attend *New Student Orientation*
- \_\_\_ Did not contact and/or meet with an academic advisor
- \_\_\_ Did not contact and/or meet with instructors
- \_\_\_ Other:

**Financial Concerns**

- \_\_\_ Lack of financial resources
- \_\_\_ Poor money management skills
- \_\_\_ Did not apply for financial aid at least six weeks before the semester started
- \_\_\_ Did not receive financial aid until after the semester began
- \_\_\_ Other:

Comment about the factors you checked. How did they impact your success?

---

**STUDENT SELF-ASSESSMENT**

Be prepared to discuss the following questions with your counselor. Use the space available to make notes if they would be helpful to you during your conversation.

1. What do you think you need to do to be more successful in school?
2. What has changed in your life which may contribute to your academic success or create obstacles to your academic success?
3. What do you consider are your strengths?
4. What supportive relationships and resources do you have who encourage you in pursuing your goals?
5. Discuss at least one long-term goal for your academic or professional life.
6. Comment on any additional information you feel is important to share regarding your academic situation.



# Student Self-Assessment Signature Sheet

Campus

☐ Ashland

☐ New Richmond

☐ Rice Lake

☐ Superior

☐ Online

\_\_\_\_\_  
Last Name

\_\_\_\_\_  
First Name

\_\_\_\_\_  
Student ID

\_\_\_\_\_  
Home Campus Counselor

## SIGNATURE

I have completed the *Student Self-Assessment* and reviewed it with your campus counselor. I understand that this signature sheet may become part of my permanent record at Northwood Technical College.

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Counselor Signature \_\_\_\_\_ Date \_\_\_\_\_

\_\_\_\_\_  
NORTHWOOD TECH Financial Aid Office

**Ashland | Online**  
Financial Aid  
2100 Beaser Avenue  
Ashland, WI 54806  
715-319-7280

**New Richmond**  
Financial Aid  
1019 South Knowles Avenue  
New Richmond, WI 54017  
715-246-1824

**Rice Lake**  
Financial Aid  
1900 College Drive  
Rice Lake, WI 54868  
715-788-7213

**Superior**  
Financial Aid  
600 North 21st Street  
Superior, WI 54880  
715-319-7370

Name _____	Student ID _____
Email _____	Phone _____
Program _____	Academic Advisor _____

## ACTION PLAN

_____ Personal Counseling	_____ Success Strategies	_____ Study Skills
_____ Disability Accommodation	_____ Limit Credits to # _____	_____ Program Change
_____ Academic Progress Report	_____ No Online Classes	_____ Self-Assessment
_____ See Academic Advisor	_____ Utilize ASC	_____ Utilize ETC
_____ Community Resources	_____ Other	

Comments \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Follow-up \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## SIGNATURE

I agree to comply with the above items as a condition of my admission/readmission/continued enrollment at Northwood Tech. Failure to comply with any part of this plan may impact decisions regarding readmission, continued enrollment or future financial aid disbursements. Information contained in this document may be shared with school staff.

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Counselor Signature \_\_\_\_\_ Term/Year \_\_\_\_\_ Date \_\_\_\_\_

### OFFICE USE ONLY

Student completed the Self-Assessment form? Yes ☐ No ☐

Copy to: ☐ Financial Aid ☐ Counselor ☐ Student ☐ Academic Advisor