

Academic Obstacles and Solutions Assessment

Obstacles Worksheet

This form may be used to help you identify academic problems you may have had last semester. Mark the obstacles below you think may have contributed to your poor academic standing. Then on the next page, mark solutions you think you can implement to help resolve these obstacles. You do not need to share this with an adviser or college official but are free to do so if you want to discuss some of the obstacles and solutions.

Free Time Obstacles

- Too much social life
- Too much TV
- Too overextended in my outside/extracurricular activities
- Devoting too much time to personal relationships

Financial Obstacles

- Worried about money
- Financial aid requirements
- Inadequate Financial Aid
- Too many debts
- Spouse not working

Work-Related Obstacles

- Work too many hours
- Problems with boss
- May lose job
- Time conflicts with job
- No Part-time work available
- Must work, but interferes with school

Personal Obstacles

- Difficulty managing new found independence
- Roommate problems
- Relationship worries/breakup
- Loneliness
- Socially uncomfortable/shy
- Housing problems
- Dislike University of Minnesota
- Dislike college &/or studying
- Difficulty with religious/spiritual obligations

Family Obstacles

- Difficulty with family obligations/expectations
- Unpredictable family life
- Family health problems
- Parenting difficulties
- Relationship worries/breakup
- Divorce or Separation

Obstacles Related to Academic Fears

- Failure
- Not being perfect
- Accomplishments
- Pressures
- Success
- Commitment
- Making decisions
- Making mistakes
- Difficulty of tasks

Academic/Study Skills Obstacles

- Poor study habits
- Poor time management
- Poor study environment
- Ineffective studying
- Inadequate study time
- High anxiety
- Inadequate preparation
- Inadequate reading skills
- Inadequate writing skills
- Inadequate math skills
- Inadequate social-science skills
- Inadequate physical/biological science skills
- Inadequate humanities skills
- Previous failures

- Poor note-taking skills
- Poor concentration
- Negative attitude
- Unhappy with instructor
- Instructor impersonal
- Others impersonal
- Poor academic advising
- Unclear education goals

Obstacles Related to Major

- Selecting a major
- Major entry requirements
- GPA requirements
- Parental pressures
- Other pressures
- Classes unavailable
- Major not offered
- Not happy with major

Others

- _____
- _____

Medical/Mental Illness / Learning Disability

- Anxiety or stress
- Depression
- Emotional Abuse
- Health/Medical worry
- Illness or death
- Learning disability
- Physical Abuse
- Pregnancy
- Rape or assault
- Substance abuse or use

Solutions Worksheet

Once you have identified some obstacles, go through the following list and check some solutions you think you can implement to address your problems. Spaces are also provided so that you can fill in solutions you think of that may not be on the list.

Free Time Solutions

- Set goals for the semester
- Design a schedule
- Use a To-Do list, such as Syllabus for Success - <http://psysci.class.umn.edu/probation/probation.html>
- Use free time, TV, socializing, etc., as rewards for completing tasks
- Create other rewards for completing tasks
- Just say NO!
- Work on time management skills at the Learning & Academic Skills Center - 109 Eddy Hall - 612-624-3323 - <http://www.ucs.umn.edu/lasc/handouts/betterstudy.html>
- Other _____
- Other _____

Financial Solutions

- Check with employer for education financing assistance
- Contact the Office of Student Finance - 200 Fraser Hall - 612-624-1111
- Contact Financial Counseling Service - 447 Boynton Health Service Bldg. - 1-888-577-2227
- Other _____
- Other _____

Work-Related Solutions

- Discuss scheduling with boss
- Find a different job, change job position, or quit
- Talk with someone in the human resources department at your place of employment
- Reduce work hours
- Find a job at the U of M Job Center - <http://www1.umn.edu/ohr/employment/index.html>
- For additional aid, contact the Office of Student Finance - 200 Fraser Hall
- Other _____
- Other _____

Personal Solutions

- Set clear goals and establish personal responsibilities
- Discuss/delegate roommate duties and expectations
- Talk to a Resident Assistant
- Talk to your religious/spiritual adviser
- Reduce credit load and take time to focus on personal issues
- Talk to someone in U of M Housing & Resident Life - Comstock Hall East - 612-624-2994
- Discuss personal and social issues and expectations with a counselor at University Counseling & Consulting Services - 109 Eddy Hall - 612-624-3323 - <http://www.ucs.umn.edu>

- Join a student organization - <http://www.sao.umn.edu/>
- Other _____
- Other _____

Family Solutions

- Schedule specific times in the week for academic work
- Discuss/delegate family duties and/or expectations
- Develop a predictable routine
- Help family member seek medical help
- Attend parenting classes
- Attend marriage/family counseling
- For parenting help, visit the Student Parent Help Center - 133 Appleby Hall - 612-626-6051 - http://www.gen.umn.edu/programs/help_center/
- Discuss family/relationship issues with a counselor at University Counseling & Consulting Services - 109 Eddy Hall - 612-624-3323 - <http://www.ucs.umn.edu>
- Other _____
- Other _____

Solutions Related to Academic

Fears

- Reduce credit load and take time to focus on fears and issues
- Discuss academic fears and expectations with a counselor at University Counseling & Consulting Services - 109 Eddy Hall - 612-624-3323 - <http://www.ucs.umn.edu>
- Read a self-help book
- Other _____
- Other _____

Solutions Related to Major

- To discuss majors and their requirements, make an appointment with a academic adviser - 30 Johnston Hall - 612-626-7707 - <http://psysci.class.umn.edu>
- Visit a major adviser to discuss that major, requirements, and careers
- Take a Strong Interest Inventory or research majors and careers at the Career and Community Learning Center - 135 Johnston Hall - 612-624-7577 - <http://www.cclc.umn.edu>
- Discuss personal/family pressures and expectations with a counselor at University Counseling & Consulting Services - 109 Eddy Hall - 612-624-3323 - <http://www.ucs.umn.edu>
- Other _____

- Other _____

Academic/Study Skills Solutions

- Talk to your instructor(s)
- Make an appointment with a academic adviser - 30 Johnston Hall - 612-626-7707 - <http://psysci.class.umn.edu>
- Seek conflict resolution at the Student Dispute Resolution Center - 107 Eddy Hall - 612-625-0691 - <http://www.tc.umn.edu/~sos/>
- To get help with study skills, time management, note and test taking, test anxiety, etc., visit the Learning & Academic Skills Center - 109 Eddy Hall - 612-624-3323 - <http://www.ucs.umn.edu/lasc/lasc.html>
- Seek help from Math Tutors at 150/128 Lind Hall - 612-624-2890
- Seek help at the Student Writing Center 306B Lind Hall - 612-625-1893 - <http://writing.umn.edu/>
- Discuss academic issues, values, goals, and problems with a counselor at University Counseling & Consulting Services - 109 Eddy Hall - 612-624-3323 - <http://www.ucs.umn.edu>
- Seek the help of tutors at the Multicultural Center for Academic Excellence - Klaeber Court - <http://www.mcae.umn.edu/acadsupport.html>
- Other _____
- Other _____

Medical/Mental Illness / Learning Disability Solutions

- For medical issues, visit Boynton Health Services - 612-625-7900 (After Hours: 612-625-8400) - <http://www.bhs.umn.edu/>
- For mental health and relationship issues, visit University Counseling & Consulting Services - 109 Eddy Hall - 612-624-3323 - <http://www.ucs.umn.edu>
- For relationship abuse, physical abuse, or sexual assault, visit The Aurora Center - 407 Boynton Health Service Bldg. - 612-626-2929 (24 hr Crisis Line 612-626-9111) - <http://www1.umn.edu/aurora/>
- For disabilities or conditions that interfere with academic access and success, visit Disability Services - 230 McNamara Center - 612-626-1333 - <http://ds.umn.edu/>
- Other _____
- Other _____