Factors that can lead to academic difficulty

Take a minute and reflect if any of these are challenges you face or have faced.

Please check all areas which are applicable.

- too many commitments (jobs, clubs, etc…)
- lifestyle problems (nutrition, sleep, exercise, poor health, living environment, alcohol/drugs)
- poor class attendance
- poor performance on tests, unexpected questions
- financial difficulties
- problems with relationships
- no interest in course (s)
- inappropriate background for course (s)
- course load too heavy
- uncertain about academic and career goals (no focus)
- no tutors or instructional support for course
- course(s) does not fit academic/career goals
- professor hard to understand, other problems with instructor
- no idea which course(s) to take
- not happy at Appalachian
- concentration easily broken
- go to classes unprepared
- spotty textbook reading
- useless lecture notes
- not ready to be in college
- low energy for completing assignments
- pay little attention in class

Reflect for a moment:
1. What were the main challenges that led me to get a lower-than-desired Grade Point Average (GPA)?

2. What changes are within my control now to improve my GPA?

3. What are the consequences to me if I do not make these changes?

4. Reflect on where you could use help (such as stress management, choosing a major, study skills, personal problems, career planning, motivation, time management). List them here.