

SASS Mentoring

Drawing up a proper study plan is important to your academic success.

Below you will find a self-assessment tool to help you better understand your study strengths and weaknesses? The tool presents several situations that students often encounter at university. Please read each situation carefully and choose the answer that best represents you.

Note: This is a preliminary, non-scientific tool designed by SASS. You should not consider it valid for mental health purposes or treatment, and only a health professional can make an accurate diagnosis.

The Self-Assessment Tool

1. In class, I mostly focus on:
 - a) Picking out the main points
 - b) Listening and taking notes at the same time
 - c) Getting to the lecture on time
 - d) A and B

2. When I want to improve my grades I...
 - a) Cannot find the motivation to do so
 - b) Look for ways to improve in class
 - c) Am unsure where to start
 - d) Set realistic goals for myself and place them on a timeline

3. When I wait until the last minute to start an assignment or an essay, it's usually because...

- a) I'm not sure how to start
- b) I'm trying to figure out how to format the assignment or essay
- c) I don't have enough time to work on it
- d) I do not tend to find myself in this situation

4. When I set academic or personal goals...

- a) I'm not sure which one is most important
- b) I prioritize my academic goals first, then my personal goals
- c) I'm able to achieve some but not all of my goals
- d) I try to always make my goals SMART: specific, measurable, attainable, realistic and timely

5. My least favourite types of assignments are

- a) In-class assignments (essays, reports, case studies, abstracts, annotated bibliographies)
- b) Essays, lab reports or research papers
- c) Group assignments
- d) I love all assignments!!! (I am also not a real human being)

6. When I have multiple tasks and deadlines

- a) I do a little bit of each task at the same time
- b) I'm not certain which task to do first
- c) Everything is of equal priority/importance
- d) I prioritize them from most to least important, and complete them all within a reasonable time

7. During exam week, my biggest hurdle is...
- a) Feeling overwhelmed
 - b) Preparing for the exam
 - c) Finding enough time to study
 - d) Finding time to do non-academic tasks (like cooking)
8. Towards the end of the semester I find that
- a) I have very little motivation
 - b) I focus mostly on trying to get all my assignments done
 - c) I become overwhelmed by my workload
 - d) I want to study but wish I had other classmates to study with

Results

Look over your answers to each of the situations to see which option you selected most often

A - If you answered mostly A, you should see a mentor or attend a workshop on stress management, motivation, or concentration

B - If you answered mostly B, you should see a mentor or attend a workshop on exam preparation, notetaking, or essay writing

C - If you answered mostly C, you should see a mentor or attend a workshop on time management

D – If you answered mostly D, you would probably benefit most from joining a study group offered by the mentoring centre