# Identifying Obstacles to Academic Success

*Some Common Causes of Low Grades*

| Name: ______________________________ Date: ____________________________ |

Directions:
1. Mark an “X” for any of the following that you think may have contributed to your low grades
2. Circle the “X” for issues that bothered you the most
3. If there are other issues not listed, please write them in
4. Develop a plan of action to address the concerns that bothered you most
   (an SMC Counselor can help with this plan)

### Study Skills
- Lack of study skills
- Hard classes
- Poor high school preparation
- Difficulty managing time
- Unhappy with teaching skills of instructor
- Unable to understand course materials
- Too heavy of a course load
- Test anxiety
- Poor test preparation

### Family/Social Adjustment
- Adjustment to Campus
- Separation from home/family/friends
- Housing or roommate issues
- Home or family problems
- Difficulty making friends

### Career/Major Issues
- Unsure of major
- Unable to decide between several majors
- No clear career goals or plans
- Unsure of interests, skills, and abilities
- Did not know SMC had a Career Services Center (Counseling Village)
- Found I wasn’t enjoying the classes I need in the major I was pursuing

### Personal Issues
- Difficulty saying “no” to others
- Financial difficulties
- Physical illness, health problems, or injury
- Use of alcohol or other substance abuse
- Pressure, stress, tension, anxiety
- Loneliness; lack of emotional control
- Cannot find meaning in anything; lack of motivation
- Conflicts with social obligations and/or activities
- Possible learning disability
- Numerous class absences
- Poor nutrition
- Sleep difficulties
- Addiction to or overinvestment in the Internet, computer games, TV, etc.
- Employment

### Other Issues
- Financial
- Health Issues
- Substance Abuse
- Time Management
- Other (please specify):

Please write 4 things you can do to address the issues that bothered you most.
(Be VERY specific)

1. 
2. 
3. 
4. 