



Name: _____

Phone: _____

W Number: _____

Today's Date: _____

Bounce Back Self-Assessment Questionnaire
Weber State University, Student Success Center

Your confidential responses help us better serve you and other students. Thank you!

PLEASE ANSWER THESE YES/NO QUESTIONS.

Have you met with an academic advisor about the course requirements in your program? Yes No

Have you used WSU resources such as study skills seminars, tutoring, or study groups? Yes No

Do you plan to complete a bachelor's degree? Yes No

If so, have you declared your bachelor's degree major? Yes No

CIRCLE YOUR LEVEL OF AGREEMENT WITH THESE STATEMENTS.

	Disagree					Agree
My living environment makes studying difficult.	1	2	3	4	5	
My work responsibilities interfere with my school responsibilities.	1	2	3	4	5	
My friends and family encourage me to complete my college degree.	1	2	3	4	5	
At least one employee at Weber State has taken a particular interest in my success.	1	2	3	4	5	
I am confident that I made a wise decision to attend college.	1	2	3	4	5	
I find my school work stimulating.	1	2	3	4	5	
I know how to prepare for different types of exams (e.g., essay & multiple choice).	1	2	3	4	5	
While taking exams, I feel a high level of anxiety.	1	2	3	4	5	

PLEASE FILL IN THE BLANKS.

How many credits do you take during a typical semester? _____

How many hours per week do you work during a typical semester? _____

During a typical semester, how many hours do you study each week? _____

CIRCLE YOUR LEVEL OF AGREEMENT WITH THESE STATEMENTS.

Please carefully answer each question so we can use this confidential information to best support you and other students.

	Never				Always
Do you attend class?	1	2	3	4	5
Do you participate during class?	1	2	3	4	5
Do you use your syllabus as a guide to each course?	1	2	3	4	5
Do you turn in your assignments?	1	2	3	4	5
Do you keep track of points earned on assignments and exams so you know how you are performing in class?	1	2	3	4	5
In class, is it easy for you to stay focused on learning?	1	2	3	4	5
When you have questions about course material, do you talk to the instructor?	1	2	3	4	5
When you miss a class, do you get a copy of the lecture notes from another student or the instructor?	1	2	3	4	5
Do you read the chapter before you hear the corresponding lecture?	1	2	3	4	5
While you read the course materials, do you take notes?	1	2	3	4	5
While reading, do you mark or highlight your text?	1	2	3	4	5
To better understand material you are reading, do you reflect on what you have just read?	1	2	3	4	5
Do you take lecture notes that effectively prepare you for exams?	1	2	3	4	5
How often do you study more than two days in advance for exams?	1	2	3	4	5
Do you set-up specific times each week to study?	1	2	3	4	5
Do you spend enough time studying to be a successful student?	1	2	3	4	5
When it comes to studying, are you organized?	1	2	3	4	5
Do you successfully balance your social life and study time?	1	2	3	4	5
Do you use a day planner/calendar to organize your daily responsibilities?	1	2	3	4	5

What other questions about your studies should we ask in this academic self-assessment?

Thank you!

Submit this questionnaire to WSU’s Student Success Center and call to sign up for a Bounce Back Workshop at 801-626-6752 option 5. Please remember to arrive *10 minutes early* for the workshop.

If you secure your advisement at WSU Davis, contact WSU Davis Enrollment Services at 801-395-3473.