



# Am I Struggling at College?

More than 40% of college students have unrecognized or untreated barriers that can stand in the way of succeeding at college. This survey can help identify barriers to success that you may need assistance in overcoming. There are no “right” or “wrong” answers . . . be as truthful as you can.

Check the best answer for each statement:

## TEMPERAMENT: My personality

	Really True	Sort of True	Not True
I easily get frustrated, give up easily			
I am highly sensitive, prone to worry and anxiety			
I am extremely obsessive about things			
I overreact to problems, disappointments, and failures			
I am excessively shy, slow to warm up to new situations and people			
I have a very hard time adjusting when things change			
I get very moody, negative, seem unhappy most of the time			
I have significant difficulty persisting to complete things I have started			

## READINESS SKILLS: My abilities

I have difficulty understanding what others say			
I have difficulty expressing myself and maintaining conversations			
I don't read social cues and I struggle to maintain friendships			
I don't like to read and I struggle to understand/remember what I read			
I have problems taking notes			
I have extreme difficulty remembering things I have studied			
I have difficulty developing a well organized and clearly written paragraph, paper, theme			
I have underachieved for my ability level			
I am unable to manage money responsibly			

## ATTENTION: My ability to focus and regulate my behavior

I feel sleepy much of the time, struggle to stay alert when studying, reading, etc			
I make a lot of careless errors			
I make impulsive decisions about drinking, using drugs, having sex, or driving			
I require excessive structure and reminders to complete homework, study for tests, and complete projects in a timely fashion			
I cannot solve problems on my own			
I easily get distracted and struggle to sustain my focus			
I fail to check over work to make sure it is right			
I don't recognize when my behavior is inappropriate			
I have significant difficulty exerting self control over my behavior			
I frequently skip or fail to go to class			
I struggle to process information and generate a response in a timely fashion			
I procrastinate and put off things until the last minute			
I have difficulty remembering and following through with directions			
I am disorganized, frequently forget and misplace things			

**NEUROMATURATION: My physical abilities**

Really True	Sort of True	Not True
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I seem very susceptible to illness, gets lots of colds, flu or other infections			
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I am extremely overweight or underweight, have an eating problem			
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I have a hearing or vision problem that is not being treated			
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I have difficulty falling asleep, staying asleep or waking up on time			
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**STRESSES: Challenging circumstances in my life**

I have a chronic health problem requiring me to comply with ongoing treatment			
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I have a mental health problem requiring me to comply with ongoing treatment			
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I struggle to remember to take medication or other treatments			
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I have had problems related to drinking or drug use			
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I had an IEP or 504 agreement in elementary or secondary school			
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I am involved in a dysfunctional relationship (with parent, sibling, or boyfriend/girlfriend)			
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I have never spent time away from home			
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I have been involved with the law			
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**ATTITUDES: My values**

I don't value academic success			
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I struggle to prioritize responsibilities over having fun			
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I lack a set of beliefs to guide my behavior or decisions			
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I am overly dependent upon others to do things for me			
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I take parental financial support for granted, I don't plan to contribute to college expenses			
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I don't see value in having a support system to turn to when problems arise			
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**COMPARISONS: My standards**

I struggle to accept that I have any problems			
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I have low self esteem, seem depressed			
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I struggle to speak up for myself			
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I don't take responsibility for my behavior			
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I struggle to maintain healthy routines for sleeping, exercise, eating, & personal hygiene			
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I lack motivation and don't have a strong work ethic			
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I am extremely judgmental of others			
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I have unusual thoughts or rituals			
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I have thought about harming myself or have considered suicide			
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I have wide swings in my moods			
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**TEMPERAMENT: Significant others in my life**

I have had extreme clashes with a peer, roommate, teammate, boyfriend/girlfriend			
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I have had extreme clashes with a professor, instructor, coach, or other authority figure			
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Interpretation: Answering "really true" to any one of the statements or "sort of true" for three or more of these statements suggests that there may be reasons for your struggles at college that could be addressed by reaching out for help. Talk to your parents, advisor, professor, physician or a mental health professional now!