Assessing Behaviors for Academic Success in College

(Fill out this form every Sunday night for the previous week, Sun - Sat. **BE HONEST!** Otherwise, score = invalid.)

⇒Date form is filled out: _____ for week of Sun. _____ through Sat. _____. **Sum of points in 1 - 9** _____

1. <u>Class Attendance</u> during the previous week   _____
Missed 0 classes	5
Missed 1 class	4
Missed 2 classes	3
Missed 3 or more classes	0

2. <u>Homework</u>: Always did following percent of assigned homework: _____
90% - 100%	10
80% - 90%	9
70% - 80%	7
50% - 70%	3
Less than 50 %	0

3. <u>Study Time</u>, **including time doing HOMEWORK**   (Use SQ3R and nightly review of previous night's study)_____

    Listed below are the number of hours studied per 7-day week for each credit hour. EXAMPLE: you have 14 credit hours per semester & you studied for 21 hours total (including weekends) for the week, your average number of study hours per credit hour would be 21/14 = 1.5. Hours spent doing homework, doing lab reports & computer programs count as study time.
2 or more study hrs/credit hour	20
1.4 - 1.9	16
1.0 - 1.4	10
0.5 - 0.9	4
Less than 0.5	0

4. <u>College Helping Sources</u>: During the previous week, I   _____
Used **Tutoring**	Yes	2
	No	0
Used "**Word**"	Yes	2
	No	0
Was in at least one **Study Group**		
	Yes	1
	<u>No</u>	<u>0</u>

    TOTAL =   _____

5. <u>Time Management</u>: I have a schedule (on paper or on a digital device) for the following time spans: _____
A **24-hour Daily** for every day of the past week	Yes	5
with NO blank cells & 7.5hrs sleep minimum	No	0
A **7-day weekly** for the past week with NO BLANK	Yes	12
CELLS, 2-for-1 Study Time & COLOR CODED	No	0
A **monthly** for this current month	Yes	2
with test & quiz dates noted	No	0
A **whole semester** for this current semester	Yes	1
with assignment due dates & finals noted	<u>No</u>	<u>0</u>

    TOTAL =_____

6. <u>Following the above schedules</u>:   _____
Followed 90% to 100% of 5 or more daily schedules in the week	10
Followed 60% to 89% of 5 or more daily schedules in the week	5
Followed none of the above	0

7. <u>Task Management</u>: For **every** day (including Sat. & Sun.) I have a to-do list.   _____
I have a daily to-do (tasks) list	Yes	7
	No	0
I prioritize the tasks on my to-do-list	Yes	3
	<u>No</u>	<u>0</u>

    TOTAL =_____

8. <u>Computer-aided Distractions from Studying</u> (Average # of minutes/day for a 7-day week)   _____

    (Computer games, watching movies & TV re-runs, randomly surfing the internet (not related to academics), FaceBook, IM & chat rooms, non-academic emails, watching TV)
Less than 45 minutes/day, average	10
45 min. - 60 min./ day average	5
More than 60 min./day average	0

9. <u>Sleep</u>: Sunday night through Thursday night, (the 5 week-nights) I got: _____
At least 7.5 hours per night, average	10
5 to 7.4 Hours of sleep, average	5
less than 5 hours sleep/night, average	0

Average ABAS scores per semester from AT LEAST 12 ABAS forms: 80-85 = 80% probability > 3.0;   87-100 = 90% probability > 3.5;   0-20 = 90% probability < 1.5.