

Name:	College/Major:
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Guide for Assessing College-Level Skills

Redhawk Launch | Academic Success Workshop

This guide was developed by Jennifer Pippen at North Central College with help from the Landmark College's *Guide to Assessing College Readiness*.

Do you aspire to graduate from college? To help you assess your preparedness for college, Goshen College has identified five essential foundations that are particularly critical for students in order to succeed in a higher education setting. Understanding these core areas can help students recognize the challenges that they will face in college and identify areas where additional support and development may be needed.

This guide is designed as a first step in helping students understand the complex sets of skills, abilities and practices associated with these five foundation areas. Scores obtained using this guide provide an opportunity for discussion; they are not intended to predict or limit your potential.

Understanding the Results

This guide is intended for use as a ***starting point*** for discussion. Understanding the areas where you might face challenges can help determine the appropriate supports needed. Scores developed through the guide should provide a good sense of various challenges you might face.

For each Foundation Area, there is a brief definition followed by an explanation of implications associated with the score. These scoring implications for each Foundation Area are considered more important and informative than the overall percentile.

However, scoring 80 percent or higher suggests a student possesses the independent skills necessary to contribute to their success in a traditional college environment. Scoring below 50 percent suggests a student is likely to face challenges in a traditional college setting. For these students, the kind of specialized strategies offered by various support services on your campus would be beneficial in helping students have successful academic experiences.

Directions

For each of the foundation areas, you will find five questions. If your answer is yes, mark the yes box adjacent to the question with a check. Count checks marked in the yes boxes in each foundation area and record the number in the box marked total.

Academic Skills

	YES
Can you read up to 200 textbook pages in a week?	
Do you have a system for taking notes?	
Can you write a paper of 10 or more organized pages that refers to two or more sources?	
Do you have a system for preparing for tests and exams?	
Can you clearly summarize a college-level reading assignment?	
Total from this section	

Self-Understanding

	YES
Do you know your academic strengths?	
Do you know your academic weaknesses?	
Do you know which academic tasks give you the most difficulty?	
Can you identify the academic supports you need to be successful?	
Can you identify where you went wrong on a test?	
Total from this section	

Self-Advocacy

	YES
When you run into difficulty, do you ask for help?	
Do you know what resources are available for you to get help?	
Do you know when your professors have their office hours?	
Would you ask questions in class when you don't understand the professor?	
Would you see a tutor voluntarily?	
Total from this section	

Executive Function

	YES
Do you have a system for keeping track of your projects, books and papers?	
Do you have a system for scheduling and managing your time?	
Are you able to ignore difficulties and focus on the task at hand?	
Are you able to complete all the steps of a project in a timely manner?	
Do you have a strategy for completing tasks that you find boring?	
Total from this section	

BONUS: Do you get yourself up in the morning?

Motivation and Confidence

	YES
Do you have an academic subject you find interesting?	
Do you know what you want to get out of your first year of college?	
Do you know that you can succeed?	
When you think about what you have to do in college are you excited?	
Can you imagine your life in 10 years?	
Total from this section	

How to Score this Guide

Transfer the total for each foundation area into the spaces provided below. Students may have significant strengths in some foundation areas, yet still struggle in one or more.

Add these totals together and record that number in the box at the bottom for the “Total number of questions marked yes.”

Multiply the total number of answers marked “yes” by four (4) to get the foundation percentile. Use the various areas as guides to speak with a learning specialist about what skills would help you be successful.

Foundation Area	Indications	Score
Academic Skills A student must be able to read and write at a high level of independence.	Scoring below three in this area indicates that you would benefit from explicit instructions (including direct explanation, guided practice and feedback) in Academic Skills.	
Self-Understanding A student must be intimately aware of his/her strengths and challenges in learning.	A score lower than three in Self-Understanding suggests that you would benefit from further development of your awareness and understanding of your learning profile. (How do you learn best?)	
Self-Advocacy A student must independently ask for help.	Scoring less than three in Self-Advocacy indicates that you would benefit from assertiveness training. (How can you be more proactive in your education?)	
Executive Functions A student must be able to keep track of assignments, organize books/materials and manage time independently.	A score below three in this area suggests that you would benefit from focused instruction on organizational skills. (How do you organize your academics?).	
Motivation and Confidence A student must have clear set goals and believe that he/she can succeed.	Scoring below three in Motivation and Confidence suggests you cannot clearly visualize successfully completing a college education. College students who do not believe they are capable of doing the required work are likely to give up, even skipping classes or finals. (How can you be more motivated with your studies and confident about your abilities?)	
Skills Total	Total number of questions marked yes.	
Foundation Percentile	Multiply the above Skills Total by four (4) to get the overall percentile.	

Reflection

Score Recap:

Academic Skills score: ____

Independence in approaching and getting work done. Hone in on note-taking systems, study strategies for tests/exams, and critical reading skills.

Self-Understanding score: ____

Explore how you learn best, and resources to support this style of learning in addition to what a professor may provide.

Self-Advocacy score: ____

How can you be more proactive in your education? Attending office hours? Joining student groups?

Executive Function score: ____

Organizational skills and time management. How do you organize your academics? How do you organize or plan your time?

Motivation & Confidence score: ____

Visualize your plan for successfully completing a college education. How can you be motivated with your studies and confident about your abilities? What negative influences affect your motivation that you need to avoid?

What areas do you plan to focus on building your skills in preparation for college?

- | | | |
|---------------------------------------------|--------------------------------------------------|----------------------------------------|
| <input type="checkbox"/> Academic Skills | <input type="checkbox"/> Self-understanding | <input type="checkbox"/> Self-advocacy |
| <input type="checkbox"/> Executive Function | <input type="checkbox"/> Motivation & Confidence | |

What are some resources you can access to support you in building these skills (SU resources/offices, people, books, web resources, etc)?

What would be your next steps to start this work? List 3 action items:

1.

2.

3.