



Area in Which You Need Help

Place a check by each area in which you need help.

Academic

- Attending class regularly
- Do not know what is expected of me in class (list class) _____
- How to improve my grade point average
- How to calculate my grade point average
- How to study
- Do not have enough study time
- How to study for a specific class (list class) _____
- Overcoming procrastination (turning in work/completing projects on time)
- Reducing test anxiety
- Setting goals
- Taking notes
- Test taking
- Time management
- Tutoring (list subjects) _____
- _____
- _____

Personal

- ___ Financial Need
- ___ Making a career decision
- ___ Emotional health issue
- ___ Physical health issue
- ___ Work conflict
- ___ Family conflict or crisis
- ___ First family member to attend college