

• WORKSHEET •

REFLECTING ON YOUR 1ST WEEKS OF COLLEGE

Complete this worksheet after the first few weeks of college. This worksheet should help you set your goals for the remainder of your first semester.

1. Name at least 1 peer in each of your courses you could contact if you missed a class, needed notes, etc.:
2. List at least one academic activity (study group, review session, lecture) you plan to participate in at Adelphi:
3. Have you set a goal for your grade point average at the end of the first semester? _____
How many hours/weekly of studying do you think will earn this grade average? _____
4. What is your academic advisor's name and the location of his/her office?
5. What is your Adelphi Email address? _____
6. List a faculty, staff, or administrative person that you could go to in a time of need:
7. What is the location on campus of the Learning Center and Writing Center?
8. Do you need help in any of the following areas (check as many as apply):
 Note taking Organization Test Anxiety Test Preparation Reading
9. Have you decided on a program of study?
 Yes, my major/program is _____
 No, but I am considering the following major(s): _____
 No, I am completely undecided at this time.
10. Are you working while attending school? If yes, how many hours per week? Has this conflicted with your class and/or study time?
11. Do you like Adelphi and feel like you are going to be successful?