**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?