Measure Your Success

**Directions:** The following statements represent major topics included in the textbook. Read the following statements and rate how true they are for you at the present time. At the end of the course, you will have the opportunity to complete this assessment again to measure your progress.

5 Definitely True

4 Mostly true

3 Somewhat True

2 Seldom True

1 Never True

\_\_\_\_I am motivated to be successful in college.

\_\_\_\_I know the value of a college education.

\_\_\_\_I know how to establish successful patterns of behavior.

\_\_\_\_I can concentrate on an important task until it is completed.

\_\_\_\_I am attending college to accomplish my own personal goals.

\_\_\_\_I believe to a great extent that my actions determine my future.

\_\_\_\_I am persistent in achieving my goals.

 \_\_\_\_Total Points for Motivation

\_\_\_\_I can describe my personality type.

\_\_\_\_I can list careers that match my personality type.

\_\_\_\_I can describe my personal strengths and talents based on my personality

 type.

\_\_\_\_I understand how my personality type affects how I manage my time and money.

\_\_\_\_I know what college majors are most in demand.

\_\_\_\_I am confident that I have chosen the best major for myself.

\_\_\_\_Courses related to my major are interesting and exciting to me.

 \_\_\_\_Total Points for Personality and Major

\_\_\_\_ I understand the concept of multiple intelligences.

\_\_\_\_ I can list my multiple intelligences and matching careers.

\_\_\_\_ I can describe my vocational interests.

\_\_\_\_ I can list my top values.

\_\_\_\_ My personal values generally guide my actions.

\_\_\_\_ I can balance work, study, and leisure activities.

\_\_\_\_I know the steps in making a good career decision.

\_\_\_\_Total points for Multiple Intelligences, Interests and Values

\_\_\_\_I understand how current employment trends will affect my future.

\_\_\_\_I know what work skills will be most important for the 21st Century.

\_\_\_\_I have an educational plan that matches my academic and career goals.

\_\_\_\_I know how to use job outlook in planning my career.

\_\_\_\_I have a good resume.

\_\_\_\_I know how to interview for a job.

\_\_\_\_I know how to use up-to-date job search strategies to find a job.

 \_\_\_\_Total Points for Career and Education

\_\_\_\_I have a list or mental picture of my lifetime goals.

\_\_\_\_I know what I would like to accomplish in the next four years.

\_\_\_\_I spend my time on activities that help me to accomplish my lifetime goals

\_\_\_\_I effectively use priorities in managing my time

\_\_\_\_I can balance study, work, and recreation time.

\_\_\_\_I generally avoid procrastination on important tasks.

\_\_\_\_I am good at managing my money.

 \_\_\_\_Total Points for Managing Time and Money

\_\_\_\_ I understand the difference between short-term and long-term memory.

\_\_\_\_ I use effective study techniques for storing information in long-term memory.

\_\_\_\_ I can apply memory techniques to remember what I am studying.

\_\_\_\_ I know how to minimize forgetting.

\_\_\_\_ I know how to use mnemonics and other memory tricks.

\_\_\_\_ I know how to keep my brain healthy throughout life.

\_\_\_\_ I use positive thinking to be successful in my studies.

\_\_\_\_ Total points for Brain Science and Memory

\_\_\_\_ I understand the latest findings in neuroscience and can apply them to studying.

\_\_\_\_ I use a reading study system based on memory strategies.

\_\_\_\_ I am familiar with e-learning strategies for reading and learning online.

\_\_\_\_ I know how to effectively mark my textbook.

\_\_\_\_ I understand how math is different from studying other subjects.

\_\_\_\_ I have the math study skills needed to be successful in my math courses.

\_\_\_\_ I take responsibility for my own success in college and in life.

\_\_\_\_Total points for Brain Science and Study Skills

\_\_\_\_I know how to listen for the main points in a college lecture.

\_\_\_\_I am familiar with note taking systems for college lectures.

\_\_\_\_I know how to review my lecture notes.

\_\_\_\_I feel comfortable with writing.

\_\_\_\_I know the steps in writing a college term paper.

\_\_\_\_I know how to prepare a speech.

\_\_\_\_I am comfortable with public speaking.

 \_\_\_\_Total Points for Taking Notes, Writing and Speaking

\_\_\_\_I know how to adequately prepare for a test.

\_\_\_\_I can predict the questions that are likely to be on the test.

\_\_\_\_I know how to deal with test anxiety.

\_\_\_\_I am successful on math exams.

\_\_\_\_I know how to make a reasonable guess if I am uncertain about the answer.

\_\_\_\_I am confident of my ability to take objective tests.

\_\_\_\_I can write a good essay answer.

 \_\_\_\_Total Points for Test Taking

\_\_\_\_I understand how my personality affects my communication style.

\_\_\_\_I know how to be a good listener.

\_\_\_\_I can use some basic techniques for good communication.

\_\_\_\_I can identify some barriers to effective communication.

\_\_\_\_I know how to deal with conflict.

\_\_\_\_I feel confident about making new friends in college and on the job.

\_\_\_\_I am generally a good communicator.

 \_\_\_\_Total Points for Communication and Relationships

\_\_\_\_I have the skills to analyze data, generate alternatives, and solve problems.

\_\_\_\_I can identify fallacies in reasoning.

\_\_\_\_I can apply the steps of critical thinking to analyze a complex issue.

\_\_\_\_I am willing to consider different points of view.

\_\_\_\_I can use brainstorming to generate a variety of ideas.

\_\_\_\_I am good at visualization and creative imagination.

\_\_\_\_I am generally curious about the world and can spot problems and opportunities.

 \_\_\_\_Total Points for Critical and Creative Thinking

\_\_\_\_I understand the basics of good nutrition.

\_\_\_\_I understand how to maintain my ideal body weight.

\_\_\_\_I exercise regularly.

\_\_\_\_I avoid addictions to smoking, alcohol and drugs.

\_\_\_\_I protect myself from sexually transmitted diseases.

\_\_\_\_I generally get enough sleep.

\_\_\_\_I am good at managing stress.

 \_\_\_\_Total Points for Health

\_\_\_\_I understand the concept of diversity and know why it is important.

\_\_\_\_I understand the basics of communicating with a person from a different culture.

\_\_\_\_I understand how the global economy will affect my future career.

\_\_\_\_I understand how the concept of the electronic village will affect my future.

\_\_\_\_I am familiar with the basic vocabulary of diversity.

\_\_\_\_I try to avoid stereotypes when dealing with others who are different from me.

\_\_\_\_I try to understand and appreciate those who are different from me.

 \_\_\_\_Total Points for Diversity

\_\_\_\_I understand the theories of life stages.

\_\_\_\_I can describe my present developmental stage in life.

\_\_\_\_I have self confidence.

\_\_\_\_I use positive self-talk and affirmations.

\_\_\_\_I have a visual picture of my future success.

\_\_\_\_I have a clear idea of what happiness means to me.

\_\_\_\_I usually practice positive thinking.

 \_\_\_\_Total Points for Future

\_\_\_\_I am confident of my ability to succeed in college.

\_\_\_\_I am confident that my choice of a major is the best one for me.

 \_\_\_\_Total Additional Points

**Total your points:**

\_\_\_\_ Motivation

\_\_\_\_ Personality and Major

\_\_\_\_ Multiple Intelligences, Interests, and Values

\_\_\_\_Career and Education

\_\_\_\_Managing Time and Money

\_\_\_\_ Brain Science and Memory

\_\_\_\_ Brain Science and Study Skills

\_\_\_\_ Taking Notes, Writing and Speaking

\_\_\_\_Test Taking

\_\_\_\_ Communication and Relationships

\_\_\_\_ Critical and Creative Thinking

\_\_\_\_ Health

\_\_\_\_ Diversity

\_\_\_\_ Future

\_\_\_\_ Additional Points

\_\_\_\_ **Grand total points**

450-500 You are very confident of your skills for success in college. Maybe you do not need this course?

400-449 You have good skills for success in college. You can always improve.

350-399 You have average skills for success in college. You will definitely benefit from taking this course.

Below 350 You need some help to survive in college. You are in the right place to begin.

Use these scores to complete the Success Wheel that follows this assessment. Note that the additional points are not used in the chart.

**Success Wheel**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Use your scores from the Measure Your Success Assessment to complete the following Success Wheel. Use different colored markers to shade in each section of the wheel.

What are your best areas?

What areas need improvement?