**Pre-Course Assessment**

This self-assessment will help you and your instructor see how you perceive your college success skills as you begin this course. Be honest and take your time. There are no wrong answers, and this is not a test! For each question, rate yourself according to the following scale:  
1 2 3 4 5  
Definitely Somewhat Not Sure Somewhat Not At All  
Like Me Like Me Unlike Me Like Me

*Please circle the number which best represents your answer:*

1. I believe this course will help me build skills for college success. 1 2 3 4 5
2. I know how to find the people and resources that can help me make 1 2 3 4 5

the transition to college.

1. I understand how habits can affect my ability to succeed. 1 2 3 4 5
2. I am aware of my learning styles and preferences. 1 2 3 4 5
3. I make choices in school and out based on how I learn. 1 2 3 4 5
4. I am effective at planning and managing my schedule. 1 2 3 4 5
5. I manage my finances actively and budget well. 1 2 3 4 5
6. I know exactly what goals I want to achieve in college. 1 2 3 4 5
7. I am effective at managing stress. 1 2 3 4 5
8. I take steps to keep my mind and body as healthy as possible. 1 2 3 4 5
9. I am comfortable with students who are different than me. 1 2 3 4 5
10. I work well in groups and teams. 1 2 3 4 5
11. I ask questions and think critically about what I hear and read. 1 2 3 4 5
12. I solve problems effectively. 1 2 3 4 5
13. I have strong memory and recall abilities. 1 2 3 4 5
14. I feel prepared to handle the reading in my college courses. 1 2 3 4 5
15. I use particular techniques to read textbooks in different 1 2 3 4 5  
    academic areas.
16. I take comprehensive and clear notes. 1 2 3 4 5
17. I have excellent test-taking skills for college courses. 1 2 3 4 5
18. I manage test anxiety well. 1 2 3 4 5
19. I know how to work with a group on a presentation. 1 2 3 4 5
20. I am confident that I will succeed in college. 1 2 3 4 5