**Post-Course Assessment**

This self-assessment will help you and your instructor see how you developed skills during this course. Please be honest, take your time, and answer each question in terms of your experience in this course. 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. This course helped me build skills for college success. 1 2 3 4 5
2. I know how to find the people and resources that can help. 1 2 3 4 5

me complete a successful 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.
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 text 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