

## Strategies for Success

*Directions: Using the scale below, circle the number indicating how well you currently perform each skill.*

1                      2                      3                      4                      5  
 not well                      moderately well                      very well

1. Limiting distractions while studying and doing homework	1	2	3	4	5
2. Solving problems using a systematic, step-by-step process	1	2	3	4	5
3. Using a planning calendar	1	2	3	4	5
4. Doing the most important tasks first	1	2	3	4	5
5. Getting to class on time	1	2	3	4	5
6. Keeping my dorm room/apartment organized	1	2	3	4	5
7. Finding university resources that can help me be successful	1	2	3	4	5
8. Keeping track of important personal items (e.g., keys, cell phone)	1	2	3	4	5
9. Taking notes during class	1	2	3	4	5
10. Breaking down large assignments into smaller, more manageable parts	1	2	3	4	5
11. Organizing notes, handouts, and other class materials	1	2	3	4	5
12. Communicating effectively with faculty and professional staff on campus	1	2	3	4	5
13. Taking prescribed medications as directed by my physician	1	2	3	4	5
14. Using a daily "to-do" list	1	2	3	4	5
15. Using visual and auditory reminders	1	2	3	4	5
16. Doing laundry and other household chores regularly	1	2	3	4	5
17. Getting assistance from professors	1	2	3	4	5
18. Sticking to a schedule for studying and doing long term assignments	1	2	3	4	5