



# Obstacles To Academic Success Worksheet

Think about what is preventing you from achieving academic success & check the appropriate boxes.

## Free Time Obstacles

- Too much TV
- Too much video games
- Too much social life
- Too overextended with outside activities

## Financial Obstacles

- Worried about money
- Inadequate financial aid
- Too many debts
- Worried about financial aid satisfactory progress

## Work Related Obstacles

- Work too many hours
- Problems with the boss
- May lose job
- Conflicts with the job
- Conflict with co-workers
- No part-time work available
- Must work to survive

## Personal and Fear Obstacles

- New independent status (Lack self-discipline)
- Roommate problems
- Relationship worries/break-up
- Loneliness/homesick
- Socially uncomfortable/shy
- Housing problems
- Value conflict
- Dislike PSU
- Dislike college studying
- Lack motivation
- Diversity issues

## Obstacles Related to Major

- Selecting a major
- Major entry requirement
- GPA requirements
- Parental pressure
- Other pressure
- Classes unavailable
- Major not offered
- Not happy with major

## Academic/Study Skill Obstacles

- Poor study habits
- Poor time management
- Poor study environment
- Ineffective studying
- Inadequate study time
- High anxiety
- Inferior preparation
- Inadequate reading skill
- Inadequate writing skill
- Inadequate math skill
- Previous failure
- Poor note-taking skills
- Poor concentration
- Negative attitude
- Unhappy with instructor
- Instructor impersonal
- Others impersonal
- Poor academic advising
- Unclear educational goals

## Sensitive Obstacles

If your obstacle(s) is found among the following list, merely mark the category heading, but not the specific obstacle.

- Anxiety or stress
- Depression
- Divorce or separation
- Emotional abuse
- Physical abuse
- Family health problems
- Death
- Pregnancy
- Rape or assault
- Substance abuse or use

## Other Obstacles

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