# Academic Strengths Inventory

**Name:** ____________________________  **E-Mail:** ____________________________

**Phone Number:** ____________  **Major:** ____________________________  **Student ID #:**

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On a scale from 1 to 4 indicate the degree to which you agree with each of the statements below. Be candid and realistic.

4 = Strongly Agree  3 = Somewhat Agree  2 = Somewhat Disagree  1 = Strongly Disagree

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### Motivation (Motivation and Attitude)
- I enjoy school and want to be in college.
- My purpose for getting an education is clear.
- This is the right time for me to complete a college degree.
- Attending class is worth my time.
- I set specific goals that lead to success in my life.
- I feel confident I can reach my goal to graduate from college.

**Motivation Total**

### Time (Time Management)
- I intentionally schedule my time for studying.
- I utilize a time management system specific to my needs.
- I am aware of and avoid my biggest time wasting habits.
- I maintain a successful balance between work, school, and personal responsibilities.
- I feel my academic goals are attainable in the time I have.
- I effectively prioritize and complete all my tasks.

**Time Total**

### Study (Successful Studying)
- I read all course materials before class, take notes during lectures, and review after class.
- I maintain a schedule of all of my tests and assignments.
- I utilize my syllabus to navigate course requirements.
- I study in pre-planned, manageable, and realistic blocks of time with defined breaks.
- I attend all of my classes.
- I complete papers in drafts and allow enough time for revision.

**Study Total**

### Wellness (Physical and Mental Wellness)
- I believe I have the capacity to succeed in college.
- My family and friends are supportive of my educational goals.
- I feel safe on campus and in my academic pursuits.
- I maintain a balanced diet, exercise regularly, and limit at-risk behaviors, such as alcohol and drug-use.
- I am open to the student health and counseling center’s assistance, if necessary.

**Wellness Total**

### Policies (Academic Standards and Policies)
- I know my current academic standing.
- I understand what I need to do to achieve good standing.
- I understand the withdrawal and course repeat policies.
- I know how my academic standing affects my financial aid.
- I am aware of the academic policies regarding academic probation and dismissal.
- I am aware the GPA and course requirements within my academic major.

**Policies Total**

### Resources (Campus Connection and Resources)
- I consult my instructor when I have questions or need further information in each course.
- I utilize campus tutoring options.
- I have attended academic counseling at the CSS to address my academic needs.
- I attend regular advising sessions and run my EVAL report.
- I utilize the Writing Center for all stages of the writing process.
- I check my BCC email and Portal regularly.

**Resources Total**

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### Academic Strengths Totals

Rank each category (Motivation, Time, Resources, etc.) by its total from highest score down to lowest score and list them here.

1. ____________________________
2. ____________________________
3. ____________________________
4. ____________________________
5. ____________________________
6. ____________________________

Categories 1-3 above represent your academic strengths, while 4-6 may be areas for improvement. Keep all these categories in mind when you meet with your counselor for advising and registration.