

# TSI Reflection Worksheet

*Schedule a time to meet with your TSI Advisor. Discuss the questions below with your advisor and complete the worksheet. Once completed, have your advisor sign at the bottom.*

## My Academic Goals:

*...for my future?* \_\_\_\_\_

*...for college?* \_\_\_\_\_

*...for this semester?* \_\_\_\_\_

***Do I want to pass my TSI Class?***

***Circle One:*** Yes  or No

*How does passing my TSI course help me achieve my goals?*

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## My Academic Obstacles:

**What challenges might prevent me from passing my TSI Course?**

*Select all that apply:*

<b>Academic Obstacles:</b>	<b>Personal Obstacles:</b>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Study habits / environment</li> <li><input type="checkbox"/> Time management</li> <li><input type="checkbox"/> Ineffective / Inadequate studying</li> <li><input type="checkbox"/> Lack of academic preparation</li> <li><input type="checkbox"/> Reading skill</li> <li><input type="checkbox"/> Writing skill</li> <li><input type="checkbox"/> Math skill</li> <li><input type="checkbox"/> Dislike TTU</li> <li><input type="checkbox"/> Dislike TSI</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> New independence</li> <li><input type="checkbox"/> Roommate problems</li> <li><input type="checkbox"/> Relationship worries/breakup</li> <li><input type="checkbox"/> Loneliness</li> <li><input type="checkbox"/> Socially uncomfortable/shy</li> <li><input type="checkbox"/> Housing problems</li> <li><input type="checkbox"/> Dislike College and/or studying</li> <li><input type="checkbox"/> High anxiety</li> <li><input type="checkbox"/> Negative attitude</li> <li><input type="checkbox"/> Parental pressure</li> <li><input type="checkbox"/> Lack of sleep</li> </ul>
<b>Obstacles Related to Major:</b>	<b>Free Time Obstacles:</b>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Selecting a major</li> <li><input type="checkbox"/> Major-entry requirement /GPA requirements</li> <li><input type="checkbox"/> Not happy with major</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Too much social life</li> <li><input type="checkbox"/> Too much TV, video games, social media</li> </ul>
<b>Obstacles Related to Fear:</b>	<b>Financial/Work-Related Obstacles:</b>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Failure/Not being perfect</li> <li><input type="checkbox"/> Success</li> <li><input type="checkbox"/> Making mistakes</li> <li><input type="checkbox"/> Difficult tasks</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Worried about money</li> <li><input type="checkbox"/> Inadequate financial aid</li> <li><input type="checkbox"/> Work too many hours</li> </ul>

**What will I do differently in the future to ensure I pass my TSI course?**

*Select all that apply:*

Academic Solutions:	Solutions Related to Personal Obstacles/Fears:
<input type="checkbox"/> Get <u>free</u> tutoring (SOAR Learning Center) <input type="checkbox"/> Get <u>free</u> Academic Coaching (SOAR LC) <input type="checkbox"/> Get <u>free</u> individual academic counseling (LC) <input type="checkbox"/> Visit the Writing Center <input type="checkbox"/> Retake the TSI Assessment to test out of TSI <input type="checkbox"/> Use study skill brochures/materials/websites <input type="checkbox"/> Visit Student Disability Services <input type="checkbox"/> Attend Instructors' Office Hours <input type="checkbox"/> Visit with TSI Advisor regularly <input type="checkbox"/> Visit with Academic Advisor regularly <input type="checkbox"/> Change study environment <input type="checkbox"/> Form a study group	<input type="checkbox"/> Retake the TSI Assessment to test out of TSI <input type="checkbox"/> Visit Student Counseling Center <input type="checkbox"/> Personal counseling <input type="checkbox"/> Stress management workshop <input type="checkbox"/> Join club or organization <input type="checkbox"/> Delegate duties/responsibilities <input type="checkbox"/> Prioritize responsibilities <input type="checkbox"/> Attend parenting classes <input type="checkbox"/> Attend family counseling <input type="checkbox"/> Visit Student Health Center or Medical Doctor <input type="checkbox"/> Read self-help book <input type="checkbox"/> Take semester deferment to resolve issues
Major-Related Solutions:	Financial/Work-Related Solutions:
<input type="checkbox"/> Visit with Academic Advisor <input type="checkbox"/> Attend Major-Minor Fair <input type="checkbox"/> Research Majors/Careers <input type="checkbox"/> Visit University Career Services	<input type="checkbox"/> See financial planner <input type="checkbox"/> Contact Student Financial Aid about loans/grants <input type="checkbox"/> Find more suitable work <input type="checkbox"/> Find a job <input type="checkbox"/> Quit job <input type="checkbox"/> Change position within job <input type="checkbox"/> Reduce hours working <input type="checkbox"/> Visit University Career Services
Free Time Solutions:	Other Solution:
<input type="checkbox"/> Set goals/Find rewards <input type="checkbox"/> Just say NO! <input type="checkbox"/> Use to-do list <input type="checkbox"/> Time management workshop/materials	<input type="checkbox"/> <div style="border: 1px solid black; height: 40px; width: 100%;"></div>

**Strategies to Achieve My Goals:**

**How can I overcome my obstacles to reach my goals?**

*Solutions I will try:*

*Date:*

- |          |           |
|----------|-----------|
| 1. _____ | By: _____ |
| 2. _____ | By: _____ |
| 3. _____ | By: _____ |
| 4. _____ | By: _____ |
| 5. _____ | By: _____ |

**Advisor's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

# TSI Attendance Worksheet

Complete and sign the worksheet below, then visit [strive.ttu.edu](http://strive.ttu.edu) or call 742-3242 to schedule a time to meet with your TSI Advisor and discuss the questions your answers.

## Cost of Missing Class

How much do you think each class period costs to attend at Texas Tech? \_\_\_\_\_

Visit <http://www.depts.ttu.edu/financialaid/costToAttend.php> to determine the following estimated costs for a semester at Texas Tech University:

Tuition/Fees: \$\_\_\_\_\_ Room/Board: \$\_\_\_\_\_ Books/Supplies: \$\_\_\_\_\_

Transportation: \$\_\_\_\_\_ Personal/Misc.: \$\_\_\_\_\_ **Total (add all costs): \$\_\_\_\_\_**

Calculate how much it 'costs' to miss a class:

Total ÷ Number of classes you are taking ÷ 35 (Approx. # of class meetings) = \$\_\_\_\_\_

Cost to miss a class x Number of classes you have missed so far = \$\_\_\_\_\_

## Motivation: What If I Think This Class Is Pointless?

Why is my TSI course important to my college experience?

What can I do AFTER I complete my TSI Course?

## Pros and Cons of Missing Class

What are the positive aspects of missing class?

What do you gain when you miss class?

What are the negative aspects of missing class?

What do you lose when you miss class?

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## Getting to Class

**What factors affect my ability to regularly attend class? How can I effectively address them?**

Obstacles to Attendance	Solutions
<ul style="list-style-type: none"><li><input type="checkbox"/> Sleeping in</li><li><input type="checkbox"/> Staying up late (too tired next day)</li><li><input type="checkbox"/> Takes too long to get ready for class</li><li><input type="checkbox"/> Hungry during class time</li><li><input type="checkbox"/> Don't feel like going to class</li><li><input type="checkbox"/> Anxiety about class</li><li><input type="checkbox"/> Have other things to do</li><li><input type="checkbox"/> Need to study/do homework instead</li><li><input type="checkbox"/> Other: _____</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Set/use an alarm for class time</li><li><input type="checkbox"/> Prepare clothes/School items the night before</li><li><input type="checkbox"/> Set a bed time/Plan the hours of sleep you need</li><li><input type="checkbox"/> Pack a snack for class/Plan appropriate meal times</li><li><input type="checkbox"/> Make a class checklist, check off as you attend</li><li><input type="checkbox"/> Talk to an advisor or a friend about nerves</li><li><input type="checkbox"/> Consider consequences of absence</li><li><input type="checkbox"/> Schedule study/work hours outside of class</li><li><input type="checkbox"/> Other: _____</li></ul>

**What can I do to better prepare my body for attending class?**

<ul style="list-style-type: none"><li><input type="checkbox"/> Set a bed time</li><li><input type="checkbox"/> Plan for the hours of sleep you need</li><li><input type="checkbox"/> Plan appropriate meal times</li><li><input type="checkbox"/> Eat natural energy boosting foods (walnuts, spinach, avocado, etc.)</li><li><input type="checkbox"/> Get up at the same time every day</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Set a screen time cut off</li><li><input type="checkbox"/> Exercise regularly</li><li><input type="checkbox"/> Drink plenty of water</li><li><input type="checkbox"/> Practice self-care</li><li><input type="checkbox"/> Use breathing exercises</li><li><input type="checkbox"/> Other: _____</li></ul>
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**How will these help me? What other things can I do to prepare my body to attend class?**

**What are the most important changes I can make to my lifestyle and habits to ensure I get to class on time?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*Your Signature:* \_\_\_\_\_ *Date:* \_\_\_\_\_