

Name: _____ R Number: _____

TSI Course: _____ Instructor: _____ Term: _____

TSI Reflection Packet

*Schedule a time to meet with your TSI Advisor. Complete the questions below **before** the scheduled meeting. At the meeting, you and your advisor will go over the entirety of the packet.*

My Academic Goals:

What are my academic goals for this semester?

Overall, what are my academic goals for college?

How will these academic goals impact my long-term, future goals?

What challenges may be preventing me from academic success?

What solutions can I use in the future to ensure this success?

Select all that apply:

Academic Obstacles:	Academic Solutions:
<ul style="list-style-type: none"><input type="checkbox"/> Study habits / environment<input type="checkbox"/> Time management<input type="checkbox"/> Ineffective / Inadequate studying<input type="checkbox"/> Lack of academic preparation<input type="checkbox"/> Dislike studying<input type="checkbox"/> Reading skill<input type="checkbox"/> Writing skill<input type="checkbox"/> Math skill<input type="checkbox"/> Dislike TTU<input type="checkbox"/> Struggling with TSI coursework	<ul style="list-style-type: none"><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> Supplemental Instruction<input type="checkbox"/> Visit the Writing Center<input type="checkbox"/> Visit Student Disability Services<input type="checkbox"/> Attend instructor's office hours<input type="checkbox"/> Visit with an advisor when needed<input type="checkbox"/> Change study environment<input type="checkbox"/> Retake the TSI assessment to test out of TSI

Personal Obstacles/Fears:	Solutions Related to Personal Obstacles/Fears:
<input type="checkbox"/> New independence <input type="checkbox"/> Roommate/Housing issues <input type="checkbox"/> Relationship worries/breakup <input type="checkbox"/> Loneliness <input type="checkbox"/> Socially uncomfortable/shy <input type="checkbox"/> High anxiety <input type="checkbox"/> Parental pressure <input type="checkbox"/> Lack of sleep <input type="checkbox"/> Failure/Not being perfect <input type="checkbox"/> Making mistakes <input type="checkbox"/> Difficult tasks	<input type="checkbox"/> Visit Student Counseling Center <input type="checkbox"/> Personal counseling <input type="checkbox"/> Join club or organization <input type="checkbox"/> Delegate responsibilities <input type="checkbox"/> Visit Student Health Center or Medical Doctor <input type="checkbox"/> Contact the Office of Dean of Students <input type="checkbox"/> Contact the RISE office <input type="checkbox"/> Contact the Office of LGBTQIA Education & Engagement <input type="checkbox"/> Contact Title IX office <input type="checkbox"/> Contact the Military and Veterans Programs office <input type="checkbox"/> Take semester deferment to resolve issues
Financial/Work-Related Obstacles:	Financial/Work-Related Solutions:
Worried financially about (select all that apply): <input type="checkbox"/> Food <input type="checkbox"/> Transportation <input type="checkbox"/> Living/rent <input type="checkbox"/> Inadequate financial aid <input type="checkbox"/> Work/Life balance	<input type="checkbox"/> Contact Red to Black for Peer Financial Coaching <input type="checkbox"/> Contact Student Financial Aid about loans/grants/scholarships <input type="checkbox"/> Contact Student Business Services <input type="checkbox"/> Find more suitable work <input type="checkbox"/> Find a job <input type="checkbox"/> Quit a job <input type="checkbox"/> Reduce work hours <input type="checkbox"/> Visit University Career Services
Obstacles Related to Major:	Major-Related Solutions:
<input type="checkbox"/> Selecting / not happy with major <input type="checkbox"/> Major-entry requirement / GPA requirements	<input type="checkbox"/> Visit with Academic Advisor <input type="checkbox"/> Attend Major-Minor Fair <input type="checkbox"/> Research Majors/Careers
Free Time Obstacles:	Free Time Solutions:
<input type="checkbox"/> Social life / school balance <input type="checkbox"/> Social media, tv, video games / school balance	<input type="checkbox"/> Set goals / find rewards <input type="checkbox"/> Use to-do list <input type="checkbox"/> Time management

Are there any other obstacles not listed above that you need assistance with?

Do you have any other questions, related to TSI or not, that our office can assist you with?

Are there any resources listed above that you would like to know more about?

TSI Advisor's Signature: _____ Date: _____

TSI Attendance Worksheet

Complete and sign the worksheet below, then visit strive.ttu.edu or call (806) 742-3242 to schedule a time to meet with your TSI Advisor to discuss your answers to the questions.

Motivation: What if I feel that my TSI course is insignificant?

What can I gain from my TSI course that will add to my overall college experience?

How will taking ownership of the responsibilities I have as a college student help me prepare for the future?

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?

Getting to Class

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

Obstacles to Attendance	Solutions
<input type="checkbox"/> Sleeping in <input type="checkbox"/> Staying up late (too tired next day) <input type="checkbox"/> Taking too long to get ready for class <input type="checkbox"/> Hungry during class <input type="checkbox"/> Not feeling motivated to go to class <input type="checkbox"/> Having anxiety about class <input type="checkbox"/> Having other things to do <input type="checkbox"/> Needing to study/do homework instead <input type="checkbox"/> Other: _____	<input type="checkbox"/> Set/use an alarm for class <input type="checkbox"/> Prepare clothes/School items the night before <input type="checkbox"/> Plan the hours of sleep you need <input type="checkbox"/> Pack a snack for class/Plan appropriate mealtimes <input type="checkbox"/> Make a class checklist, check off as you attend <input type="checkbox"/> Talk to an advisor or Student Counseling Services <input type="checkbox"/> Consider consequences of absence <input type="checkbox"/> Schedule study/work hours outside of class <input type="checkbox"/> Other: _____

If I could create a “perfect world” where everything about college had no obstacles, what would it look like? How can I work towards that on a regular basis?

How will effectively addressing my attendance obstacles help make me a more accountable student?

Your Signature: _____ *Date:* _____

TSI Advisor’s Signature: _____ *Date:* _____