

## OBSTACLES TO SCHOOL CHECKLIST

Check the items below that you believe contribute to your lack of school success. There are no right or wrong answers. The more honest you are, the better your school counselor can help you.

### LEARNING

- ☐ 1. I do not see the importance of classroom learning.
- ☐ 2. My classes do not challenge me.
- ☐ 3. My classes are too difficult.
- ☐ 4. I give up if school work seems too difficult.
- ☐ 5. I daydream and do not listen attentively in class.
- ☐ 6. I do not participate in class discussions or activities.
- ☐ 7. I do not complete all assignments on a regular basis.
- ☐ 8. I generally do just enough to get by.
- ☐ 9. I do not have a goal for school improvement.
- ☐ 10. I do not need school for my future plans.

### DEVELOPING STUDY HABITS

- ☐ 1. I do not proofread or check over my work.
- ☐ 2. I do not have a study method to help me remember information.
- ☐ 3. I do not have a regular schedule and time commitment for study.
- ☐ 4. I do not have an efficient and effective way to take notes.
- ☐ 5. I cannot predict possible test questions.
- ☐ 6. I do not have a place to study away from distractions.

### MANAGING SCHOOLWORK

- ☐ 1. I do not have a method for keeping track of assignments and deadlines.
- ☐ 2. I generally wait to do my assignments until the last minute.

### SETTING GOALS

- ☐ 1. I do not know how to set long term or short term goals.
- ☐ 2. I do not have a reason to do well in school.

### DEALING WITH PERSONAL ISSUES

- ☐ 1. I have pressure from friends not to do well in school.
- ☐ 2. Sometimes I don't think it's possible to succeed.
- ☐ 3. I don't have respect for one or more of my teacher(s) or parent(s).
- ☐ 4. I don't have confidence in my academic abilities.
- ☐ 5. I have stuff going on at home that affects my ability to succeed in school.
- ☐ 6. I have tried one or more illegal drugs.

*Please put your name on the back.*