

**SBCC - Success Homework - Complete and bring to your Student Success Counseling Appointment**

**I. Please review the list of strengths below and circle the strengths that you possess.**

achieving	dependable	knowledgeable	realistic
ambitious	determined	logical	receptive
articulate	disciplined	motivated	resourceful
assertive	efficient	open-minded	responsive
attentive	encouraging	optimistic	self-aware
bilingual	energetic	objective	serious
committed	enterprising	organized	sincere
compassionate	enthusiastic	patient	skillful
confident	fair-minded	perceptive	spontaneous
conscientious	hard working	persistent	strong
cooperative	independent	persuasive	thoughtful
creative	insightful	productive	tolerant
critical thinker	intelligent	professional	truthful
dedicated	intuitive	rational	

**IIa. Select 3 values that you feel are crucial to your success in college and that you need to improve upon.**

- Assertiveness** – Actively getting needs met with regard for others’ rights.
- Balance** – Creating time for all important aspects of life.
- Care of Self** – Active concern for the health and well-being of self.
- Efficacy** – Active in responding effectively to change.
- Excelling** – Completing tasks to the best of one’s ability.
- Expectations** – Setting realistic and achievable goals and directing oneself towards those goals..
- Harmony** – A desire for peace, health and beauty in one’s life.
- Honesty** – Being aware or recognizing when off course.
- Integrity** – To act in accordance with what one believes to be important.
- Interdependence** – Effective utilization of support networks and resources.
- Learning** – Understanding and applying new knowledge to grow and succeed.
- Persistence** – Consistently staying on task and working hard.
- Personal Responsibility** – You believe that it is up to you to create your outcomes that you want.
- Priorities** – Knowing what is most important in one’s life and directing behaviors towards those goals.
- Problem-solving** – Taking active steps towards solving a problem.
- Resilience** – Bouncing back stronger in the face of setbacks or adversity.
- Self-Discipline** – Hard work, commitment and focus applied consistently.
- Self-Worth** – Believe in oneself.
- Task Precision** – Completing assignments with thoroughness and accuracy.
- Time Management** – Planning, setting and meeting deadlines.

**IIb. Choose 3 of the values that you selected from above and complete the following:**

1. If I were to increase (*insert value*) \_\_\_\_\_ by 5% in my life, I would \_\_\_\_\_.
2. If I were to increase (*insert value*) \_\_\_\_\_ by 5% in my life, I would \_\_\_\_\_.
3. If I were to increase (*insert value*) \_\_\_\_\_ by 5% in my life, I would \_\_\_\_\_.

**III. Identify personal and academic challenges to your success and complete # IV.**

**Personal**

- Health**
- Disability**
- Finances**
- Childcare**
- Alcohol/Drugs**
- Self-confidence/Self-esteem:** lack of belief in abilities and/or self-worth
- Motivation:** lack of motivation and/or easily bored
- Personal, Relationship or Family issues:**
- Support Network:** Lack of stable support.
- Stress:** feeling overwhelmed or unable to cope with life's challenges
- Emotional issues:** e.g. anxiety or depression.
- Feeling Out of Control:**
- Procrastination:**
- Persistence:** tend to give up when times get tough.
- Work related issues:** work too many hours.
- Priorities:** spend too much time on non-school related activities.
- Distraction:** difficulty focusing and concentrating
- Commitment:** difficulty staying on course, making decisions or setting goals
- Other factors:** \_\_\_\_\_

**Academic Skills**

- Reading:**
- Writing:**
- Math:**
- Critical Thinking:** have difficulty questioning, reflecting, analyzing.
- Active Participation:** have difficulty taking notes, being involved in class.
- Memorization:** have difficulty memorizing study material.
- Time Management:**
- Test Anxiety:**
- Homework Skills:** Have trouble being productive or turning in homework on time.
- Library research:** have difficulty using the library as a research resource
- Organizational Skills:** have difficulty organizing or structuring my academic tasks
- Career or Life Direction:** unsure about reasons for being in college. Undecided on major or career direction
- Help Seeking:** don't seek help from others (for example - tutoring, counseling)
- Instructor Contact:** limited out of class communication with instructors.
- Poor Attendance:**
- Other factors:** \_\_\_\_\_

**IV. Identify 3 of your greatest challenges and list specific actions you will take to overcome them.**

(Challenge #1) \_\_\_\_\_ Specific actions to overcome this challenge:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(Challenge #2) \_\_\_\_\_ Specific actions to overcome this challenge:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(Challenge #3) \_\_\_\_\_ Specific actions to overcome this challenge:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Excellent work! You must bring this to your Student Success Counseling appointment.**