



Below is a list of the academic and personal needs of many students.  
Please check the ones that you would like help with or you would like to improve in.

ACADEMIC CONCERNS:

- \_\_\_\_\_ Developing an academic plan
- \_\_\_\_\_ Finding out about possible majors
- \_\_\_\_\_ Finding out about transferring to a 4-year university

STUDY SKILLS & PERSONAL CONCERNS:

- \_\_\_\_\_ Test-taking techniques
- \_\_\_\_\_ Note-taking skills
- \_\_\_\_\_ Improving my memory
- \_\_\_\_\_ Obtaining information about financial assistance
- \_\_\_\_\_ Need for career counseling
- \_\_\_\_\_ Developing my self-confidence
- \_\_\_\_\_ Managing stress
- \_\_\_\_\_ Managing time
- \_\_\_\_\_ Enhancing my parenting skills
- \_\_\_\_\_ Becoming more assertive
- \_\_\_\_\_ Increasing motivation
- \_\_\_\_\_ Improving my communication skills
- \_\_\_\_\_ Setting goals in my life
- \_\_\_\_\_ Identifying my strengths and abilities
- \_\_\_\_\_ Developing decision making skills
- \_\_\_\_\_ Developing a resume
- \_\_\_\_\_ Managing personal finances/budgeting
- \_\_\_\_\_ Learning relaxation techniques
- \_\_\_\_\_ Obtaining information about the Child Care Center
- \_\_\_\_\_ Obtaining information about public assistance (food stamps, etc.)
- \_\_\_\_\_ Developing healthy patterns of behavior
- \_\_\_\_\_ Lack of emotional support and encouragement
- \_\_\_\_\_ Obtaining information about transportation, housing referrals/alternatives