

## Student self-assessment

This short self assessment is intended to help you consider how your time is being allocated each term, learn more about resources that can support you, and to help highlight important information that you as student, need to be aware of in order to make informed decisions.

If you answer **NO** to two or more of the questions below or feel that you could use more support, we recommend you connect with an [Academic Adviser](#) to discuss your questions and plans. Each question includes some valuable and relevant resources and links. Make sure to check them out!

### Question 1:

**I am familiar with the academic important dates (including course drop/add dates for each term) and know where to find those details?**

- Yes
- No

#### *Did you know?*

There are many important dates each term and if you are considering making changes to your courses, it is important to know what the course drop/add deadlines are.

- You can find the list of important dates for each term, session, and year here: <https://www.uvic.ca/calendar/dates/index.php>
- It is helpful to discuss course load before making changes. Be sure to connect with an Academic Adviser as soon as possible so you can have assistance ahead of any deadlines.

### Question 2:

**I have been able to attend all of my classes and stay on track with my weekly course work (including readings, assignments, labs, etc.)?**

- Yes
- No

#### *Did you know?*

Staying up to date on course material will help you be prepared for the upcoming topics, be ready for assignment due dates, and avoid accidentally missing a quiz or exam.

- Effective Planning Tools: <https://onlineacademiccommunity.uvic.ca/lap/time-managment/>
- Learning resources: <https://www.uvic.ca/student-wellness/wellness-resources/academic-supports/index.php#ipn-learning-resources>



### Question 3:

**I have read the course syllabus and understand the expectations for each of my courses.**

- Yes
- No

#### *Did you know?*

It is important to understand the expectations for each of your courses. You can use the course syllabi (course outlines) to review the assignment details and exam dates for your courses – plan ahead so you know what due dates coming up and so you'll have time to ask questions if you need more information.

- If you have any questions about the course content or details in the syllabus, be sure to connect with your course instructor. This is a great topic to discuss during their office hours.
- How to read a course syllabus or outline:  
<https://onlineacademiccommunity.uvic.ca/LearnAnywhere/2021/04/19/how-to-read-a-course-syllabus-or-outline/>

### Question 4:

**While activities outside of coursework are valuable (e.g. work, family commitments, athletics, and other activities), it is still important to regularly attend classes. Considering my additional time commitments:**

- Yes – I expect that I will be able to attend all of my classes
- No – I expect my other commitments to result in missed classes

#### *Did you know?*

Sometimes missing class is unavoidable but if you know in advance that you need to be away, be sure to plan ahead and talk to your course instructor. If you know that you will miss class several times due to a conflicting time commitment, consider if you will still be able to successfully complete the course. Don't forget that [if you're sick](#), you will need to stay home.

- Academic Advisers can help students plan an appropriate course load for their program taking in to consideration individual degree completion goals and other factors that impact your planning. You can book an advising appointment here: <https://www.uvic.ca/services/advising/advice-support/advising-centre/index.php>

**End of self-assessment!**

#### *Results*

If you answered **NO** to two or of these questions, we encourage you to arrange an appointment to speak with an Academic Adviser before the [final course drop deadlines](#)



### ***What's next?***

We encourage all students to make use of the resources listed with each question as needed and to connect with Academic Advising if you are looking for more specific information or would like to discuss program planning. We are here to support you through your academic journey so you can make the most of your time at UVic.

### ***Additional resources you should check out:***

- A detailed list of campus supports can be found here: <https://www.uvic.ca/services/advising/advice-support/other-supports/index.php>
- Assignment calculator: <https://www.uvic.ca/library/help/tips/freecal/index.php>
- Are you looking to get more involved? Read more about experiential opportunities such as exchange, co-op, and hands on learning: <https://www.uvic.ca/services/advising/choose-plan/experiential/index.php>

