

Self-Knowledge Questionnaire

Name _____

The following seven items --A through G --will help you in thinking about yourself as a college student and the ease with which you will likely proceed through the college selection process. Read each statement and determine whether it is true or not true of you. After each question, you will see numbers ranging from 1 to 5. Circle 1 if the statement is very true of you. Circle 5 if the statement is not true of you. Use 2, 3, or 4 to reflect varying levels of preference. Be realistic and honest.

A. My academic abilities for college (such as reading, writing, and note taking) are good.

Very true of me	1	2	3	4	5	Not true of me
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Academic abilities such as reading speed and comprehension, writing, note taking, calculating, speaking, and listening are important for college students. You will be called upon to use such skills in your college classes. If you are confident about your academic skills, you can approach picking a college with the ease of knowing that you will be able to master the academic rigors of college life. If you circled 3, 4, or 5, you will want to work on these skills in your remaining days in high school. You will want to choose colleges where you can work to strengthen these skills. Some colleges provide a learning skills center in which you are able to get help if you are having difficulty writing a paper or understanding the content of a class. If you are less than confident, you might look to colleges where you will not be intimidated by the skills of the other students.

B. My study skills and time management are good.

Very true of me	1	2	3	4	5	Not true of me
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Study skills and time management are two of the most important qualities for an efficient and productive college student. Successful college students are average or above in organizing themselves for studying, scheduling, using study time productively, and differentiating important content of a lecture or a book from supplementary information. In addition, they complete assignments on time and don't get flustered if they have several papers due or a couple of tests on the same day. If you circled 3, 4, or 5, it is important to work on improving these skills during your remaining high school days. You might consider the following:

- Seek help from your parents, a teacher, a counselor, or a learning specialist in becoming more organized.
- Try keeping a calendar. Anticipate each step necessary in preparing for every test and every paper.
- Be responsible for your own appointments.
- Check to see if a study skills course is offered at a local community college or university. Or consider reading a book on study skills.

C. I am motivated to succeed in college.

Very true of me	1	2	3	4	5	Not true of me
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Motivation is definitely the most important skill you bring to college. Those students who want to succeed do succeed! Studies show that it is motivation, not your SAT scores, that determines academic success in college. And motivation means knowing not only that you want to go to college, but that you also want to be a student. Some students want to go to college for the fun aspects, but forget that college is primarily an academic experience. So if you circled 1 or 2, great, you're off to a good start. If you circled 3, 4, or 5, it may be an appropriate time to consider your wants and needs in a college. What sort of college would help motivate you? Would a college with a balance between academics and social life be appealing? Would you be more motivated if you were near a large and interesting city? Would nice weather be a distraction rather than an energizer? Is a vocational or technical school best for you? Have you considered taking some time off between high school and college? Considering such questions is important, and the time to do that exploration is now.

D. I am a good decision-maker.

Very true of me	1	2	3	4	5	Not true of me
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Decisions, decisions, decisions. The college selection process is full of decisions! What colleges will I initially consider? To which colleges will I apply for admission? What college will I eventually attend? You will be facing these decisions in the upcoming months. If you circled 1 or 2, you are on your way. If you circled 3, 4, or 5, think about an important decision you made recently. Why didn't it go well? If you can analyze your decision-making weakness in that situation, it may help to avoid any potential pitfalls in your college decision-making. The following suggestions will help you improve your ability to make the right college choice:

- Clearly articulate what you're looking for in a college. Write down those features that will make a college right for you.
- Involve lots of people and resources in your search for a college. Your parents, counselors, and friends can help you.
- List and compare pros and cons of alternative colleges. Every college has both.
- Evaluate each college on the basis of the criteria you set for yourself. Remember, you're looking for a college where you will get in and fit in.

E. I'm a good information gatherer; for example, I am usually able to find books, websites, and so on to help me do a research paper for, say, a history class.

Very true of me	1	2	3	4	5	Not true of me
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Finding a college requires you to be a good researcher. There is so much information about colleges to sort through and analyze. If you feel you can do good research, fine, you're on your way. If you circled 3, 4, or 5, the following ideas may be helpful:

- Use a college guidebook to find colleges that are consistent with what you want. Remember that your primary concern is where you will fit in. Use your college-going values and your responses in this questionnaire to guide your thinking about colleges that will match you.

- Work closely with your college counselor, and seek impressions from students and others with reliable and up-to-date information about colleges of interest. You will make a better decision with credible and extensive input.
- Look for differences in features that are important to you. Is ease of making friends important to you? What about balance between academics and social life? Do you want teachers to know you?

F. I feel I adapt to new situations easily.

Very true of me	1	2	3	4	5	Not true of me
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Everyone goes through changes in life. Some move through transition periods with great ease, others find them more difficult. You may have experienced the changes that come after a change of schools (even from middle school to high school), the illness or death of a relative, or the divorce of your parents. If you circled 1 or 2, you are not likely to be intimidated by a college in another part of the country or a college very different from your high school. If you circled 3, 4, or 5, you may want to carefully look at colleges that are a bit closer to home or colleges where the same values, perceptions, and attitudes as were true in your high school exist. Almost everyone has fear and apprehension about leaving for college. But if that fear is significant, you will want to choose a college where you will feel comfortable. Visits to college campuses may be particularly significant in feeling good about potential choices.

G. It is easy for me to meet people and establish friendships.

Very true of me	1	2	3	4	5	Not true of me
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Identifying and nurturing friendships is an important skill for college adjustment. If you circled 3, 4, or 5, you will want to look carefully at colleges where there are few cliques, where there is an atmosphere of sharing, and where students report that it is relatively easy to integrate into the campus environment. Your choice of a college is a quest for a good social fit. Your thorough review of the Profiles and even visits to college campuses will be helpful in assuring your ability to fit in and be comfortable.

You should share your responses to this questionnaire with your counselor, consultant, parent, or others that are helping you find a college that's good for you.