



# DeBusk College of Osteopathic Medicine

LINCOLN MEMORIAL UNIVERSITY

## Self-Assessment

To learn effective and efficient ways to study, as well as how to make the best use of limited time, requires an introspective look at oneself. To improve your academic performance, you can make small changes that are under your direct control and evaluate the effect those changes have on your learning and exam performance. You may recognize habits that need to change, but you won't know what they are unless you take time for reflection.

Quintessential requirements of success in medical school include:

- Periodic Self-Assessment (current academic standings, wellness, relationships)
- Critically assessing how you learn
- Identifying and capitalizing on techniques and strategies you used effectively
- Assessing and restructuring those techniques and strategies that need improvement

Please think about how you prepared for the exam as you answer the questions on the following pages. It is a way to start a discussion on how we can help tailor research-based learning strategies for you. Monitor and record your progress toward accomplishing your goals. Reflect on what is and is not working every week and make small changes or try new study techniques. Change can be very difficult but also very rewarding.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

1. Please list your most recent exam scores or final marks for each subject.

Subject								
Score								

2. REFLECT ON YOUR SITUATION. Ask yourself- Why did I fail a particular subject? What have I done or not done that I find myself in this current situation? How am I responsible?

Example general statements for thought are provided below. Expand your thoughts to identify specific details.

*I do not seek help when I need it.*

*I feel overwhelmed.*

*I feel lonely or isolated*

3. BUILD ON YOUR STRENGTHS. What do you see as your strengths? What has helped you learn both this semester and in the past?

4. IDENTIFY CHALLENGES/OBSTACLES. What are some of the specific obstacles you have faced in medical school that you feel have hindered your academic success?

Study/Test taking skills		Stress/Anxiety Management	
Time Management		Reading/Writing Skills	
Low Motivation		Career Concerns	
Housing/Roommate		Family/Relationship Problems	
Financial Challenges		Social Distractions	
Disability Concerns		Health/Personal Issues	
Heavy Course Load		Identity Issues	
New Student Transition		Commuting/Transportation	
Challenging Courses		Personal Issues	
Other (List)			

5. ASSESS YOUR STUDY SKILLS AND WELLNESS. Think about the current semester when considering each statement below. If it applies to you, check YES; if it doesn't, check NO. **Circle the statements that bother you the most.**

Reading	YES	NO
It's hard for me to comprehend what I read and retain the information.		
I often lose track of what I've just read.		
I struggle to maintain my focus while reading, during lecture, and sometimes even during exams.		
Listening & Note taking	YES	NO
I don't know how to take good notes.		
I don't have one unified set of notes to use when studying for an exam.		
Time Management	YES	NO
I often have trouble finding enough time to study.		
I can be a procrastinator and this has caused problems in medical school.		
At times, I've been over-committed with responsibilities outside of class.		
I study all the time, but I am still unprepared for the exams.		
I don't know how to maintain a healthy balance between studying and the rest of my life.		
Exams	YES	NO
I struggle to recall what I needed to know due to the volume of information.		
On tests, I sometimes have trouble analyzing vignettes and this causes me to miss questions that I should have gotten right.		
While taking an exam, I often discover that I didn't really <u>understand</u> what I thought I knew.		
Test anxiety has caused me to miss questions that I should have gotten right.		
Wellness	YES	NO
A health problem or learning disability has interfered with my studying.		
I've had a lot of worries about money and this can distract me from my studying.		
My drinking or use of drugs has interfered with my studying and learning.		
Problems with my family, significant other, or peers have made it hard to study.		
Often, I don't get enough sleep or I cannot get to sleep when I need the rest.		
I do not eat well, often buying snacks from the vending machine or skipping meals.		
I do not have adequate transportation support to help me get to campus on-time or to buy groceries		
I do not exercise, or I try, but studying and exams get in the way of keeping my fitness goals		

Write down any other information that might be useful regarding your situation.

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6. SET MEASURABLE GOALS. What are three specific goals you need to set for yourself? Be sure to consider your **study skills**, your **strengths**, and the **challenges** that are obstacles to your academic success. These goals can be utilizing specific study strategies, reducing time spent browsing or on social media, practicing more questions, increasing how much sleep you get... really anything that might have an impact on your academic performance and that you can work on this semester.

Goal 1:
Goal 2:
Goal 3:

7. CREATE A PLAN OF ACTION. Decide on a plan for how you will accomplish each of the 3 goals identified.

- Define tasks as concrete actions that can be measured and tracked
- Note how you will measure and track the data
- Keep tasks small, specific, and manageable.
- Include a precise time for starting and finishing.
- Use rewards to support your efforts.

Action Plan for Goal 1:
Action Plan for Goal 2:
Action Plan for Goal 3:

8. SEEK HELPFUL RESOURCES. List 3 or 4 resources you can use to increase your chances of achieving your Goals.

1.
2.
3.
4.