

# Camosun College Student Success Checklist

We have determined that when students look realistically at **challenges and other success indicators**, and access supports early in their college experience, they are more likely to experience academic success.

## Instructions:

This form is for your **personal use** only. You will not be handing it in. It will help you know if you are ready to be a student and the supports you will need to succeed.

Please respond to each statement in the following **Success Indicator** categories and **note the recommendations** provided below each section.

✓ **Check** all of the items that are **true** for you.

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## A. Career & Education

**Do you have a clear career goal and /or educational plan?**

- 1. I have a career goal that I am working toward
- 2. I am aware which occupations or career choices I would be suited for
- 3. My family is supportive of my career goals
- 4. I know which academic programs and courses lead toward my career goal
- 5. I have the academic and program prerequisites I need and I know my “next steps”
- 6. I know which courses I would need to take to complete my credential (diploma/certificate) at Camosun
- 7. I have been out of school for a while and need to take an assessment test
- 8. I am planning to transfer to university and know what courses to take
- 9. I have attended college/university elsewhere. I know which courses I can apply to transfer to my Camosun credential

**If there were some statements that you did not check, you may want further information or support in these areas. Please check out the following links:**

Statements 1, 2, 3 relate to the **Counselling Centre** <http://camosun.ca/services/counselling/>

Statements 4, 5, 6 relate to **Admissions** [www.camosun.ca/admissions](http://www.camosun.ca/admissions)

Statements 8, 9 relate to **Academic Advising** <http://camosun.ca/services/advising/>

If you checked 7, please visit the **Assessment Centre** <http://camosun.ca/services/assessment/>

## Notes:

## B. Organization & Time Management

*Are you organized with your time and your studies?*

- 1. I am interested in my courses and being a student
- 2. I am experienced with organizing my life and managing my time
- 3. I can prioritize and follow-through on things (I rarely procrastinate)
- 4. I am motivated and good at planning ahead
- 5. I don't get easily distracted by computer games, TV, or social networking
- 6. My family will support me to take the time needed for my studies
- 7. I know that keeping some balance in my life is important

If you are interested in support in any of the above areas, please visit:

The **Counselling Department** <http://camosun.ca/services/counselling/>

## C. Academic Success

*Do you use effective learning and study strategies?*

- 1. I am able to read and learn from my textbooks effectively
- 2. I can concentrate and pick up what it is important in classes
- 3. I take good notes in class
- 4. I manage my study time and prepare well for tests and exams
- 5. I sometimes get anxious preparing for or while writing tests
- 6. I feel good about my skills in math
- 7. I am confident about my computer skills
- 8. I have good writing skills and can communicate my ideas clearly in writing
- 9. I am able to memorize information
- 10. I am fluent in English verbally and in writing

You may want further information or support in these areas. Please check the following links:

1 – 4, 6, 7, 9, 10 relate to the **Help Centres**: <http://camosun.ca/learn/programs/help-centres.html>

5 relates to the **Counselling Department** <http://camosun.ca/services/counselling/>

8 relates to the **Writing Centre** <http://camosun.ca/services/writing-centre/>

**Notes:**

## D. Stressors & Personal Challenges

*How do you manage stress and cope with challenges?*

- 1. When faced with challenges, stress or anxiety I have found positive ways to restore balance
- 2. I can accept when I am not successful at things
- 3. I know that life is not 'perfect' and I accept that I am not 'perfect'
- 4. I do not feel overly pressured by my family to succeed
- 5. I am motivated to work at success
- 6. I take feedback/constructive criticism fairly well
- 7. I usually accept or ask for help when I need it
- 8. I have fairly good nutrition, exercise or sleep routine
- 9. I have no current struggles with substance use
- 10. I have no chronic health or mental health challenges that would prevent my success
- 11. I believe I am a good person and have something to offer others in the classroom
- 12. I have supportive relationships and family
- 13. I reach out to others when I feel loneliness or isolation
- 14. I have people who support me in my life
- 15. I have people who will help support my children while I am focused on school

**If you are interested in support in any of the above areas, please visit:**

The **Counselling Department** <http://camosun.ca/services/counselling/>

## E. Finances & Work

*Do you have adequate finances to support yourself at college?*

- 1. I have enough money to pay for my college semester
- 2. I know about student loans, scholarships and bursaries
- 3. I have good money-management skills
- 4. I can manage any debt I have
- 5. If I have to work part-time, it will still allow me enough time to do school and homework
- 6. My boss will let me cut back my hours for school if needed
- 7. I know how to find a part time job if I need to

**If you are interested in information and support in any of the above areas, please visit:**

1-6 relate to **Financial Aid & Awards Office** <http://camosun.ca/services/financialaid/>

7 relates to **Student Employment Services** <http://camosun.ca/services/cese/students.html>

**Notes:**

## F. Other Available supports

***Are you able to seek assistance with other circumstances that may apply to you?***

✓ **Check** if you would like support with any of the following:

- 1. I am experiencing challenges with cultural or language adjustment
- 2. I am an International student experiencing challenges with a living situation
- 3. I am an International student and am experiencing personal challenges
- 4. I am a single parent and require support or assistance
- 5. I need childcare and don't know how to proceed
- 6. I am an Indigenous student interested in connecting with Indigenous events, advisors and community on campus
- 7. I have a disability requiring accommodation and support

**If you are interested in information or support in any of the above areas, please visit:**

The **Centre for Indigenous Education & Community Connections**

<http://camosun.ca/learn/school/indigenous-education-community-connections/> or

The **Counselling Centre** <http://camosun.ca/services/counselling/> or

**International Education Counselling** <http://camosun.ca/international/students/counselling.html> or

**Child Care Services** <http://camosun.ca/services/childcare/> or

The **Disability Resource Centre** <http://camosun.ca/services/drc/>

**Notes:**