**SELF ASSESSMENT TOOL: QUESTIONNAIRE TO DETERMINE ACADEMIC ENGAGEMENT (WHERE I STAND AND WHAT SHOULD I DO NEXT?)**

The questionnaire is summarized by Mohammed and Ahmed (2023), Regalado-Méndez et al. (2010), Iswasta (2020) and Yan (2022) and is focused on different challenges addressed in [The galaxies of first year students challenges](https://supportingstart.eu/Challenges/) in the category Academic Engagement.

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| **N.** | **Statement** | ***Never*** | ***Rarely*** | ***Sometimes*** | ***Usually*** | ***Always*** |
| *1 point* | *2 points* | *3 points* | *4 points* | *5 points* |
| **Expectations** | | | | | | |
| 1. | I have enough confidence in my own abilities to deal with academic expectations. |  |  |  |  |  |
| 2. | I look forward to taking the first steps towards my future ambitions. |  |  |  |  |  |
| 3. | I look forward to present my academic achievements to the outside world. |  |  |  |  |  |
| 4. | The content of the courses on the study programme aroused my initial interest. |  |  |  |  |  |
| 5. | I follow the instructions and expectations of each course carefully. |  |  |  |  |  |
| 6. | I set myself academic goals I want to succeed. |  |  |  |  |  |
| **Performance** | | | | | | |
| 7. | I attend the lectures and tutorials of the individual courses. |  |  |  |  |  |
| 8. | I accept negative feedback as part of the learning process and try to overcome the difficulties identified. |  |  |  |  |  |
| 9. | I can easily find and access quality information and other sources needed for learning or completing a task. |  |  |  |  |  |
| 10. | I actively participate in discussions in lectures, tutorials and working groups by contributing ideas, solutions, agreements, etc. |  |  |  |  |  |
| 11. | I overcome problems and difficulties with the help of teachers and peers. |  |  |  |  |  |
| 12. | I can easily adapt to new learning approaches such as collaborative learning, problem-based learning, project-based learning, etc. |  |  |  |  |  |
| 13. | I can easily adapt to the workload by putting in some extra time and effort. |  |  |  |  |  |
| **Organisation of studies** | | | | | | |
| 14. | I am fully responsible for my self-learning (I search for information, I always look more in-depth, I take the initiative to do additional research and don't depend on thers to do my work). |  |  |  |  |  |
| 15. | I manage my time effectively by creating a study schedule and sticking to deadlines for assignments and exam preparation. |  |  |  |  |  |
| 16. | I can easily filter the large amount of information to extract the most important points. |  |  |  |  |  |
| 17. | I can combine the course content with applications in my professional life. |  |  |  |  |  |
| 18. | I am focused and motivated to complete all tasks during the semester. |  |  |  |  |  |
| 19. | I understand the structure of the different types of tasks and can prepare myself appropriately for each type. |  |  |  |  |  |
| 20. | I organise my studies so that I get a good night's sleep before an upcoming exam |  |  |  |  |  |
| **SUM POINTS PER CATEGORY:** | |  |  |  |  |  |
| **SUM TOTAL POINTS:** | |  | | | | |

* **RESULTS OF THE QUESTIONNAIRE**

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| --- | --- | --- | --- | --- |
| **SCALE** | **0 – 25 POINTS** | **26 – 50 POINTS** | **51 – 75 POINTS** | **76 – 100 POINTS** |
| **RESULT** | You have to deal with many difficulties that affect academic engagement. Making mistakes is a normal process of learning and growing. It does not mean you can not do it, you just have not found the right way to tackle these issues yet. Reach out to your teacher and peers as soon as possible, talk to them about the difficulties you have encountered and try to find solutions. You will find some helpful tips in the table below. Good luck and do not give up! | You are well on your way to achieving academic abilities, but there are some obstacles along the way. You need to admit to yourself that you are having difficulty engaging academically, which is a normal part of a learning and growing process. Reach out to your teacher and peers, talk to them about the difficulties you have identified and try to find solutions. See the table below for some helpful tips. Good luck! | You are doing a good job so far in overcoming the challenges associated with Adacemics engagement. The result shows that you still have some difficulties to overcome. In the table below you will find some helpful tips that may help you overcome the difficulties you encountered when completing the questionnaire. Good luck! | You do an excellent job of overcoming challenges related to Adacemic's engagement. When you encounter difficulties, it is important that you address them as quickly as possible. If that occures, you can find some helpful tips in the table below. |

Bulb Clipart Png - Idea Icon Png , Free Transparent Clipart - ClipartKey**WHAT NEXT? HELPFUL TIPS 😊**

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| --- | --- |
| CATEGORY OF ACADEMIC ENGAGEMENT | WHAT NEXT? HELFUL TIPS |
| EXPECTATIONS | * **Set realistic goals**:   Set achievable academic goals that are realistic and aligned with your abilities. Unrealistic expectations can lead to frustration and demotivation. Remember that not all students have the same academic goals, which does not mean that you are not capable of succeeding at your own rate.   * **Focus on progress, not perfection:**   Write down the difficulties you had at the beginning of the semester, how you will overcome them, and describe any progress you made during the semester. Celebrate small successes and improvements along the way, rather than focusing solely on reaching a specific end goal.   * **Chose your own topic for your assigment:**   Try to find out which topics are of interest to you. Remember that your peers and teachers have different areas of interest. Talk to the teacher and ask them if you can choose your own topic for your assignment and suggest your research idea.   * **Seek for supportive resources:**   Access to academic support resources such as tutoring, counseling services, or study groups at your university. These resources can help you overcome academic challenges and develop effective learning strategies.   * **Maintain a healthy** **balance**:   Maintain a healthy balance between academic and extracurricular activities, social life and self-care. Emphasize the importance of taking breaks, getting enough sleep, and engaging in activities that promote overall well-being. |
| PERFORMANCE | * **Attend lectures and tutorials regularly:**   Regular attendance at lectures provides you with the opportunity to engage directly with course material presented by teachers. Therefore, you can better comprehend and retain the information covered in lectures, leading to a deeper understanding of the subject matter. Engaging with course material and participating actively in lectures can help develop critical thinking and analytical skills. If you do not understand the content, you should ask your teacher for additional explanations.   * **Accepting constructive feedback:**   Accepting negative feedback is crucial for your learning and growth. By acknowledging areas where you need improvement, you can take proactive steps to address weaknesses and enhance your academic performance. This self-awareness is essential for setting realistic goals, prioritizing areas for improvement, and developing effective strategies to overcome challenges.   * **Access to quailty information and other sources:**   Access to quality information and other sources is essential for improving learning and academic performance. Therefore, it is important that you know how to access this type of information. You can ask your teachers or librarians at your faculty which sources are best, e.g libraries, online databases (Web of Science, Scopus, ERIC, Google Scholar), educational websites (Khan Academy, Coursera, and edX), educational apps (Photomath), social media and online communications.   * **Actively participate in discussions during lectures:**   Participate actively in the lectures, especially if you need additional explanations, ask your teacher or your fellow students. If you have difficulty communicating with your teachers and peers, prepare for the discussion by writing down some important points before the lecture begins.   * **Develop effective time management skills:**   Develop effective time management skills to balance your academic workload with other commitments. Prioritize and properly allocate time for study, assignments and leisure activities. You can use different apps such as Trello, Google Calendar, Monday, Todoist, etc.   * **Learn about new learning approaches:**   Search and read different literature about new learning approaches and don't hesitate to seek guidance from teachers, mentors, or peers when adapting to these kind of new learning approaches. They can provide valuable insights, tips, and support to help you navigate unfamiliar territory and make the most of the learning experience. |
| ORGANISATION OF STUDIES | * **Creating a study schedule**   Before creating a study schedule, you should take stock of your existing commitments, such as classes, extracurricular activities, work, and other obligations. Determine your academic priorities and goals for the upcoming week or month (e.g. preparing for exams, completing assignments, reading course materials, or reviewing lecture notes). Prioritize tasks based on their urgency and importance. Consider factors such as your peak productivity hours, the nature of the tasks you need to accomplish, and any other commitments you have throughout the day. Use a calendar or planner to map out your study schedule for the week or month ahead (e. g. use digital tools like Google Calendar or Trello). Be realistic about the amount of time you allocate to each task and your ability to stick to the schedule. Be flexible and willing to adjust your study schedule as needed based on changing priorities, unexpected events, or shifts in your workload. Schedule short breaks between study sessions or activities to give your brain a chance to relax and refocus. Regularly review your study schedule to track your progress, assess what's working well, and identify areas for improvement.   * **Filter the large amount of information**   There are some strategies to help you effectively filter and manage large amounts of information such as using advance searching tips with Boolean operators (AND, OR, NOT) in different online databases in order to refine the search results; use different AI tools such as Elicit to extract data from and summarize research papers; focuse on high-quality, authoritative sources such as peer-reviewed articles, academic journals, and reputable websites; use tools such as Zotero or Mendeley, which can help collect, organize, and cite sources.   * **Combine the content of the course with your future profession**   Try to find out which topics are of interest to you and how they relate to your future profession. Talk to the teacher and ask them if you can choose your own topic for your work and suggest your research idea.   * **Get to know the structure of different tasks**   Pay attention to teacher's explaintion of the characteristics, purposes, and requirements of various tasks and provide examples to illustrate each type. Ask the teachers if they can give you an example of good practice of the task with a template. You can learn about different types of tasks by reading textbooks, articles, and other educational materials. You can also enroll in online courses or tutorials that cover various types of tasks relevant to your academic or career interests (such as programming, graphic design, language learning, etc).   * **Get a good night sleep**   Try to organise your study plan so that you don't stress about what you still need to learn on the last day. Sleep plays a crucial role in consolidating memory and learning. During sleep, the brain processes and consolidates new information and experiences into long-term memory. Sufficient sleep improves learning, memory and cognitive performance. |

**References used to prepare the questionnaire**:

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