

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 submitting this to the college. 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.

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** <https://camosun.ca/services/health-and-wellness/counselling-centre>

Statements 4, 5, 6 relate to **Admissions** 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** <https://camosun.ca/apply/how-apply/assessment-and-testing>

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** <https://camosun.ca/services/health-and-wellness/counselling-centre>

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**: <https://camosun.ca/services/health-and-wellness/counselling-centre>

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 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 lonely or isolated
- 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:** <https://camosun.ca/services/health-and-wellness/counselling-centre>

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:**

<https://camosun.ca/registration-records/financial-aid-awards/contact-financial-aid-awards>

7 relates to **Career Services and Job Board:**

<https://camosun.ca/services/co-operative-education-and-career-services>

Notes:

F. Other Available supports

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

- 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: <https://camosun.ca/services/health-and-wellness/counselling-centre> or

International Education Counselling:

<https://camosun.ca/international/current-international-students/counselling-services-international-students> or

Child Care Services: <https://camosun.ca/services/child-care-services/contact-child-care-services> or

The Centre for Accessible Learning: <http://camosun.ca/services/accessible-learning/>

Notes: