Think about what is preventing you from achieving academic success, check the appropriate box, and bring the worksheet to your advisement meeting.

Free Time Obstacles
- Too much TV
- Too much video games
- Too much social life
- Too overextended with outside activities

Financial Obstacles
- Worried about money
- Inadequate financial aid
- Too many debts
- Worried about financial aid satisfactory progress

Work Related Obstacles
- Work too many hours
- Problems with the boss
- May lose job
- Conflicts with the job
- Conflict with co-workers
- No part-time work available
- Must work to survive

Personal and Fear Obstacles
- New independent status (Lack self-discipline)
- Roommate problems
- Relationship worries/break-up
- Loneliness/homesick
- Socially uncomfortable/shy
- Housing problems
- Value conflict
- Dislike NMU
- Dislike college studying
- Lack motivation
- Diversity issues

Academic/Study Skill Obstacles
- Poor study habits
- Poor time management
- Poor study environment
- Ineffective studying
- Inadequate study time
- High anxiety
- Inferior preparation
- Inadequate reading skill
- Inadequate writing skill
- Inadequate math skill
- Previous failure
- Poor note-taking skills
- Poor concentration
- Negative attitude
- Unhappy with instructor
- Instructor impersonal
- Others impersonal
- Poor academic advising
- Unclear educational goals

Obstacles Related to Major
- Selecting a major
- Major entry requirement
- GPA requirements
- Parental pressure
- Other pressure
- Classes unavailable
- Major not offered
- Not happy with major

Sensitive Obstacles
- Anxiety or stress
- Depression
- Divorce or separation
- Emotional abuse
- Physical abuse
- Family health problems
- Death
- Pregnancy
- Rape or assault
- Substance abuse or use

Other Obstacles
__________________________
__________________________

(Adapted from Solutions Worksheet, Counseling and Career Center, Brigham Young University)