

Name:

School:

Date:

Grade:

### **UMPI Upward Bound Needs Assessment**

The needs assessment is designed to help us help you in becoming more prepared for college life and beyond. It is a tool we use to tailor our services to you the individual, and to the Upward Bound community as a whole. Please circle the letter that best describes your answer to the questions that follow, and remember, there is no right or wrong answers.

#### **Education**

1. I am aware of my personal learning style.
  - A. I know what my personal learning style is and how to use it to my benefit.
  - B. I think I know what my personal learning style is but would like to learn more about it.
  - C. I am unsure about what my personal learning style is.
  - D. What's learning style?
  
2. I know how to study for exams.
  - A. I know what works best for me to study for exams.
  - B. I know how to study for exams but I get very stressed when taking them.
  - C. I am not sure of the best way to study for exams.
  
3. I know how to deal with exam stress.
  - A. I don't experience exam stress.
  - B. I have a successful method to deal with my exam stress.
  - C. I have exam stress, am unsure how to manage it, but I usually do OK on tests.
  - D. My exam stress greatly impacts my grades.
  
4. I know what to do when I get a bad grade or am struggling with a class.
  - A. I know how to deal with a bad grade and who to contact to learn what I can do about it.
  - B. I know how to determine if I need help in a class.
  - C. I don't know if I need help or not with academics.
  - D. I'm not sure how to deal with a bad grade or what to do if I am struggling in class.
  
5. I do well with my homework.
  - A. I am happy with how I do my homework and usually get good grades on it.
  - B. I am OK with how I do my homework but would like to do better.
  - C. I struggle with how to do my homework well.
  - D. I don't do my homework well and it affects my grades.
  
6. I am good at note taking.
  - A. My notes provide me with all the information I need to do well on my exams.
  - B. My notes are OK but could be better.
  - C. I am unsure how to take notes in a way that will help me on my exams.

7. I am aware of what academic areas that I excel at and what areas are challenges for me.
- A. I know my strengths and challenges and have a plan to deal with them.
  - B. I know where I struggle and where I succeed but don't know how to deal with the challenges.
  - C. I'm not sure where I stand in academic areas.

### **College Preparedness/Awareness**

8. I know how to register for and take a PSAT test.
- A. I know how to fill out the registration form and then how to prepare for the test.
  - B. I know how to fill out the registration form but not how to prepare for the test.
  - C. I know how and where to get an application but not how to fill it out.
  - D. I need to learn where to start the process for taking the PSAT.
9. I know how to sign up for and take an SAT I or II (subject) tests and/or ACT test.
- A. I know how to fill out the registration form and then take the test.
  - B. I know how to fill it out the registration form but not how to take the exam.
  - C. I know where to get an application form but not how to fill it out.
  - D. I need to learn where to start the SAT process.
10. I know what goes into filling out a college application.
- A. I know all about the process including how to do a college essay.
  - B. I know how to fill out some of an application but not all of it.
  - C. I know how and where to get an application but not how to fill it out.
  - D. I need to learn where to start the college application process.
11. I know how to write a college application essay.
- A. I understand what goes into a college essay to encourage a college to accept me.
  - B. I have an idea about what might go into a college essay but don't know exactly what's needed for information.
  - C. I need to learn more about college essays.
12. I know what college I want to attend when I graduate from high school.
- A. I have explored my college choice options and know exactly where I want to go.
  - B. I have an idea about where I'd like to go to college but haven't explored other options.
  - C. I have not explored any options but I know how to get the information about possible colleges.
  - D. I need to learn where to start exploring my college choice options.
13. I know what field I want to go into when I graduate from college.
- A. I know exactly what I want to do for a profession once I graduate from college.
  - B. I know several things I've thought about doing when I graduate from college.
  - C. I'm not sure what I might like to do when I graduate but I know how to find out.
  - D. I need to start exploring my options for careers.

14. I know how to fill out a financial aid form (FAFSA)
- A. I know when and where to get the application and what financial information I need to fill it out completely.
  - B. I know where to get the application but not what needs to go in it for information.
  - C. I don't know where to get the application.
  - D. I need to learn how to start the process of applying for financial aid.
15. I know how and where to get scholarships.
- A. I know where to find scholarships and how to apply for them.
  - B. I know where to find scholarships but not how to apply for them.
  - C. I have an idea about where to get scholarship information.
  - D. I need to learn where and how to begin a scholarship search.
16. I know what the Profile is and how to register for it.
- A. I know what the Profile is, what schools require it, and where to get the registration information for it.
  - B. I know where to get the registration information but not how to register for it.
  - C. I need to learn more about the Profile.
17. I know how to read a financial aid award letter.
- A. I know what a financial aid award letter looks like and how to interpret it.
  - B. I know what a financial aid award letter looks like but not how to interpret it.
  - C. I am unsure about what comprises a financial aid award letter.

### **Emotional & Physical Health Awareness**

18. I can manage feelings of stress, anger, excitement etc. in a healthy way.
- A. I know how to express my feelings in a way that is useful and positive to me.
  - B. I can manage some feelings but struggle with others.
  - C. I have trouble managing my feelings in a way that is positive for me.
19. I know whom to contact when I need emotional support.
- A. I have an identifiable positive support system in place.
  - B. I might know some people to call if I need support but use them only sometimes.
  - C. I have not yet established an emotional support system but would like to.
20. I know how to communicate my emotional needs to others.
- A. I am good at identifying and communicating my personal needs to others.
  - B. I can identify my personal needs but have trouble sharing them with others.
  - C. I can identify my personal needs but don't share them.
  - D. I would like to know how to better identify and communicate my personal needs to others.
21. My self-esteem is.....?
- A. Great!
  - B. Is good sometimes, bad sometimes.
  - C. Needs a Band-Aid.
  - D. What's self-esteem?

22. I am aware when I am feeling emotionally secure.
- A. I know when I feel secure and what it takes for me to feel safe.
  - B. I think I know what it means to feel safe and secure, but I don't know how to get it.
  - C. I don't know if I ever feel safe and secure.
23. I am content with my physical appearance.
- A. I am happy with how I look.
  - B. I am happy with some things about my appearance but not others.
  - C. I am not happy with my physical appearance.
  - D. I engage in behavior designed to significantly alter my physical appearance.
24. I use one of the substances (tobacco, alcohol, food, illegal drugs) to deal with stressful things in my life.
- A. I do not use anything at this time.
  - B. I use something but would like to stop.
  - C. I use something, know its effects on my health and don't wish to deal with it right now.
25. My health is.....?
- A. I have good health and know whom to contact if I get sick.
  - B. I have some health problems and I know whom to contact if I need assistance.
  - C. I have poor health and know whom to contact if I need assistance.
  - D. I have poor health and am unsure what to do.
26. I know what foods to eat in order to be emotionally and physically healthy.
- A. I know about nutrition and how to eat for maximum emotional and physical health.
  - B. I've learned a little about nutrition but would like to learn more about it.
  - C. I don't know much about nutrition but would like to learn.
27. I know how to get enough physical activity to be healthy
- A. I know how exercise impacts my health and I engage in daily/weekly exercise.
  - B. I engage in some exercise and am content with what I do. I know how this impacts my health.
  - C. I know how exercise impacts my health and I wish that I could do more exercise.
  - D. I don't know much about exercise and health.
28. I get enough rest.
- A. I get enough rest everyday so that my mind is able to work at top performance.
  - B. Sometimes I get enough rest, but other times I don't.
  - C. I don't ever get enough rest.

### **Social & Family Support**

29. I am involved in what groups.....
- A. I am involved in too many groups
  - B. I am involved in just the right amount of groups.
  - C. I would like to belong to more groups but don't know how to start joining.
  - D. I don't care to join anything at this time.

30. I know the important contacts at the college I'm going to attend.
- A. I know the numbers for the counseling center, health center, registrar, security, and financial aid.
  - B. I know some numbers at my college but not all of them.
  - C. I don't know any numbers at my college yet.
  - D. I don't know my college yet.
31. I know how to live and share space with a roommate.
- A. I have had a positive experience with a roommate in a college dormitory.
  - B. I have had a challenging experience with a roommate but managed to work through it in a positive manner.
  - C. I have heard what it is like to have a dorm roommate but haven't yet experienced it.
32. I know what security there is on my campus to keep me safe.
- A. I know what there is for campus security on my college campus.
  - B. I know there is campus security but am unsure what the protocols and numbers are.
  - C. I don't know what there is for campus security on my campus.
  - D. I don't know my college yet.
33. My family is a support system for me.
- A. My family provides me with emotional and financial support.
  - B. My family gives me some support but I would like it to be different in some way.
  - C. I am unsure how to get support from my family.
  - D. I don't want my family involved in supporting me at this time.
34. I know how to effectively communicate with my family.
- A. My family and I communicate very well.
  - B. My family and I struggle with communication.
  - C. My family and I don't communicate well at all but I'd like to do better.
  - D. I don't wish to engage in any more communication than I already do with my family.
35. I have great aspirations for myself.
- A. I believe in my dreams and myself.
  - B. I have dreams but worry I can't attain them because I don't believe in myself.
  - C. I'm not sure I have aspirations and I don't believe in myself to get some.

### **Independent Living / Life Skills**

36. I know how to make professional phone calls.
- A. I know how to call a professional office and get my needs met.
  - B. I think I know what to say when I call a professional office.
  - C. I can call a professional office but it makes me very nervous.
  - D. I won't call a professional office because I am afraid or I am unsure how to do it.
37. I know how to make and stick to a budget.
- A. I know how to design and implement a budget based on my income.
  - B. I know how to design a budget but I can't stick to it.
  - C. I am not sure about how to design a budget.
  - D. I know nothing about budgeting.

38. I know how to manage a checkbook.
- A. I have a checkbook, which is always balanced.
  - B. I have a checkbook but I don't have a lot of information on how to manage it.
  - C. I don't have a checkbook but know a little about them.
  - D. I need to learn about checkbooks.
39. I know how to shop for groceries.
- A. I know how to make a meal plan and shop for groceries.
  - B. I know how to shop for groceries.
  - C. I just buy food to eat.
  - D. I never have had the opportunity to shop for groceries in a planned way.
40. I know what to do when I get a bill.
- A. I know how to take care of a bill when I receive one.
  - B. I have never received a bill but think I know what to do if I get one.
  - C. I know very little about bills in general.
41. I know how to manage my time.
- A. I am good at managing both my work/school time and my free time.
  - B. I am good at managing my work/school time but have trouble with my free time.
  - C. I am good at managing my free time but struggle with my work/school time.
  - D. I have trouble with time management.

### **Job Skills / Awareness**

42. I know how to go to an interview.
- A. I know what to wear and what to say in a job interview.
  - B. I know what to wear to an interview but am unsure what to say.
  - C. I think I know what I'd say at an interview.
  - D. I'm not quite sure what to do at an interview.
43. I know how to create and update a resume.
- A. I have a resume and keep it updated.
  - B. I have a resume but don't keep it updated.
  - C. I think I know what I'd put on a resume.
  - D. I don't know how to make a resume.
44. I know where to search for job opportunities.
- A. I have successfully searched for and applied for a job.
  - B. I know where to look for jobs but haven't applied for one.
  - C. I am unsure about how to start the process of finding a job.
45. I know what to put on a W-2 form.
- A. I have filled out and know what to put on a W-2 form.
  - B. I think I know what goes on a W-2 form.
  - C. What's a W-2 form?