**Accountability Worksheet**

**Questions to Consider**

*What are your struggles in your academic studies? How do you know this is your struggle?  
How do you want to be held accountable?  
Who would be best suited to hold you accountable in the way you prefer?*

**Rate yourself on the following statements*.***

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Personal Accountability** | **Strongly Agree** | **Agree** | **Unsure** | **Disagree** | **Strongly Disagree** |
| I attend class regularly. |  |  |  |  |  |
| I make school a part of daily life: check email, read over class notes, check Moodle. |  |  |  |  |  |
| I build into my schedule time to do homework. |  |  |  |  |  |
| I set achievable deadlines for myself. |  |  |  |  |  |
| I talk to my professors regularly. |  |  |  |  |  |
| I am part of a study group. |  |  |  |  |  |
| I meet with Learning Center tutors when I need help. |  |  |  |  |  |
| I have an accountability partner whom I talk with regularly. |  |  |  |  |  |
| I study for exams. |  |  |  |  |  |
| I turn my assignments in on time. |  |  |  |  |  |
| I have the skill sets needed to be successful. |  |  |  |  |  |
| I set attainable goals for myself. |  |  |  |  |  |
| School is a priority for me. |  |  |  |  |  |
| I understand that some classes require more work than others. |  |  |  |  |  |
| I use effective stress management techniques. |  |  |  |  |  |

**STARS Workshop Schedule**

**Accountability: Take Control of Your Learning**  
Wednesday, August 22, 12-12:20 pm  
Thursday, August 23, 4:30-4:50 pm

**Working When You Don’t Feel Like It**  
Tuesday, August 28, 12-12:20 pm  
Wednesday, August 29, 12-12:20 pm  
Thursday, August 30, 4:30-4:50 pm

**Setting SMART Goals**   
Tuesday, September 4, 12-12:20 pm  
Wednesday, September 5, 12-12:20 pm  
Thursday, September 6, 4:30-4:50 pm

**Magical Thinking vs. Time Management**  
Tuesday, September 11, 12-12:20 pm  
Wednesday, September 12, 12-12:20 pm  
Thursday, September 13, 4:30-4:50 pm

**30 Days Study Challenge (Study Skills)**Tuesday, September 18, 12-12:20 pm  
Wednesday, September 19, 12-12:20 pm  
Thursday, September 20, 4:30-4:50 pm

**Find Your Balance: Managing Stress**  
Tuesday, October 2, 12-12:20 pm  
Wednesday, October 3, 12-12:20 pm  
Thursday, October 4, 4:30-4:50 pm