



Need help “Planning your BA”, selecting a program of study or improving your grades?

The questions below are part of our [Degree Planning Guide](#) and encourage self-reflection to help you identify your academic strengths. You will gain valuable insight about yourself by looking for patterns that exist in the grades you have achieved in your course work. By the end of this exercise, you will uncover several academic preferences that contribute to your academic success. This valuable data will assist you with selecting a program of study and courses that reflect your academic strengths and will be the foundation for your [career development](#) and/or [graduate school preparation](#).

What are your academic strengths?

Using the **Method of Evaluation** form below, select a term of study or courses in which you have achieved your highest and/or lowest grades. Using “MyCourses”, list the grades that you achieved in each component of evaluation. Using this information, answer the following questions to gain a better understanding of your academic strengths.

1. Can you identify a preferred method of evaluation? Essay, Multiple choice exams, Fill-in-the-blank exams, Short answer tests, Quizzes, Weekly responses.
2. Can you identify a preferred frequency of evaluation? Did you receive higher grades in courses that had frequent evaluations such as quizzes and weekly responses? Did you achieve better grades in courses that had only a midterm and a final exam? Did a final exam worth over 50% affect your final grade in a course?
3. Did the instructor’s teaching style or accessibility to answer questions influence your final grade?
4. Did an engaging teacher or interest in the course material influence your final grade?
5. Are recorded lectures or accessible Power Point notes beneficial to your learning?
6. Does mandatory class attendance, conference attendance, required group work or courses that require public speaking positively or negatively influence your grade?

Were there non-academic factors that influenced your academic success?

1. Did your study habits differ depending on the subject or teacher?
2. Did your course load or the combination of subjects you took have an impact on your grades?
3. Is the structure of attending school five days a week beneficial? Would you benefit from the flexibility of a three or four day school schedule?
4. Is your class attendance and /or grades better for classes offered in the morning, afternoon or evening?
5. Are you motivated or distracted by friends or acquaintances in your class?
6. Does the size of a class influence your academic performance?
7. Do your roommates or your home environment influence your motivation in school?
8. Does commuting to school affect your studies?
9. Does work, extracurricular activities, health, learning challenges or family obligations affect your grades?
10. Does lifestyle, nutrition and/or exercise play a role in how well you do in school?

Selecting a program of study

1. Review the program choices available in the Faculty of Arts by consulting this [website](#).
2. Make a list of the programs of study that interest you and eliminate those programs that don’t.
3. Use the [course calendar](#) to review the course requirements for each of the programs on your short list. Make a list of the courses that interest you so that you can visit those classes during the course add/drop period.
4. Consult the departmental website for each program on your short list.
 - Does the department have any [upcoming events](#) you can attend?
 - Does the department have a [student association](#) that can provide you with information?
 - What are the [career possibilities](#) for this field of study?

Using your answers, make a list of the factors that influence your academic success. Do you see any emerging patterns? Let the answers to these question guide you when selecting a course or program of study. If you need more assistance on how to use this information, meet with a [Faculty Adviser](#) during drop-in advising hours to discuss your results.

METHOD OF EVALUATION FORM

Term of study:

Student Name:

Student ID:

Programs:

CGPA:

Course Number and Title:

Instructor contact information:

Method of Evaluation (term paper, quizzes, final, etc.)	Percentage	Due Date	Submitted (v)	Grade received

Course Number and Title:

Instructor contact information:

Method of Evaluation (term paper, quizzes, final, etc.)	Percentage	Due Date	Submitted (v)	Grade received

Course Number and Title:

Instructor contact information:

Method of Evaluation (term paper, quizzes, final, etc.)	Percentage	Due Date	Submitted (v)	Grade received

Course Number and Title:

Instructor contact information:

Method of Evaluation (term paper, quizzes, final, etc.)	Percentage	Due Date	Submitted (v)	Grade received