### ANALYZING YOUR LASSI SCORES

<table>
<thead>
<tr>
<th>LASSI Scale</th>
<th>Questions to Consider</th>
<th>Suggested Strategies</th>
<th>ACE Resources</th>
</tr>
</thead>
</table>
| Anxiety (ANX)                | Do you worry so much that it is hard for you to concentrate? Are you easily discouraged about grades? Do you have anxiety when taking tests? | • Reduce anxiety in order to better focus  
• Learn techniques to better cope with worries | Stress Management                                |
| Concentration (CON)          | Are you easily distracted? Can you direct your attention to school tasks? Do you know when you need a change in your study environment? | • Learn to monitor level of concentration  
• Learn techniques to redirect attention and eliminate interfering thoughts or feelings | Concentration Memorization                        |
| Motivation (MOT)             | Do you stay up-to-date in class assignments? Do you easily lose interest in your classes? Do you “give up” in difficult classes or difficult professors? Have you set short-term and long-term goals to assist with your college success? | • Set goals in regard to academics  
• Accept more responsibility concerning academic outcomes  
• Complete the online module for motivation | Goal Setting  
Motivation                                |
| Selecting Main Ideas (SMI)   | Can you focus and identify on the key points in a lecture? Can you decide what to underline in a textbook? Can you identify key points in your textbook? | • Learn to focus on critical information  
• Create techniques to aid in fast recognition of important information  
• Complete the online module for selecting main ideas | Effective Note Taking  
Techniques  
Reading Techniques  
SQ4R                                       |
| Test Strategies (TST)        | Do you prepare appropriately for tests? Do you review your answers to essay questions? Do you have problems with specific kinds of tests – multiple choice, essay, true/false, short answer, matching or essay? | • Learn more effective techniques for preparing for tests  
• Learn test taking strategies for the different types of tests and subject matter  
• Complete the online module for test strategies | Test Preparation and  
Test Taking Strategies                           |
| Attitude (ATT)               | How clear are you about your own educational goals? Is school really important or worthwhile to you? Do you have a “Plan B” or second major in mind? Are you able to eliminate negative “self talk”? | • Develop a better understanding how college and their academic performance relates to life and goals | Goal Setting  
Motivation                                |
| Information Processing (INP)| Do you summarize or paraphrase class reading assignments? Do you try to related class presentation material to things you already know? Do you take effective notes during lecture? From your books? Do you have trouble remembering information or recalling facts? | • Find techniques to help them make information personally meaningful  
• Store information in ways that heighten accessibility  
• Complete the online module for information processing | Surviving Large  
Lectures  
Effective Note Taking  
Techniques  
Reading Techniques  
that Make Sense  
SQ4R                                       |
| Self-Testing (SFT)           | Do you review before a test? How do you study for a test? Do you stop periodically while reading to review the content? | • Learn techniques for information review  
• Increase ability to apply what is being learned  
• Increase appreciation of self-testing | Exams Preparation &  
Test Strategies                                   |
| Study Aids (STA)             | Do you perform practice exercises? Do you create or use organizational aids? | • Develop a better understanding of available resources  
• Learn how to use available resource | Test Preparation &  
Test Strategies  
SQ4R                                       |
| Time Management (TMT)        | Are you well organized? Do you anticipate scheduling problems? Can you balance academic, social and work schedules? | • Develop effective scheduling and monitoring techniques | Effective Time Management                           |