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Self-Assessment

Self- Observation is the starting point for a meaningful academic change, because it requires an honest account for what I have done, what has worked, and what has not. In reflecting on my educational experiences, I have learned that my strongest outcomes tend to occur when I'm intentional bout the planning that I am doing, how consistent I am when it comes to execution, and how willing I am to adjust my approach before small issues become larger barriers. My Transition this last fall into a new academic environment has reinforced that success at a university level is not only a matter of how intelligent I am or how motivated I might be, but also a result of deliberate habits, effective support, and disciplined self-management. This essay helps outline who i am as a learner and what I expect from my experience at Florida State University, with specific attention to how I can strengthen myself regulation when it comes to learning behaviors over the course of this semester.

My identity as a learner has been shaped by a strong desire to understand the deeper reasons behind concepts rather than just memorization of information or tasks. Throughout high school and community college, I often felt most confident when I could connect material to a larger purpose. Such as how a topic might apply to real world problem solving or future career goals. At the same time, I have also experienced a reoccurring pattern which is underestimation of the amount of time I have to master or perfect that material, to where it surpasses that

memorization point. This has sometimes led to a voidable cycle of pressure, where motivation remains high, but planning becomes vague, and my performance depends on lastminute intensity, a sort of high stakes environment. Recognizing this pattern is important because it clarifies that my academic growth is not limited by a lack of effort, but by inconsistent structure at the beginning of a learning process. When my learning is organized, I can sustain focus, build momentum, and retain information more effectively. Otherwise, when it is not, I become overwhelmed and lose time deciding where to begin.

Family influence has played a significant role in shaping my motivation to achieve goals as well as setting them. Even without focusing on specific individual circumstances, the broader impact is clear; I have internalized the value of responsibility, independence, and measurable achievement. These values show up in my academic habits, particularly in the way I define success through progress toward long term outcomes. I am motivated by the idea that education is not only a requirement but a pathway to greater autonomy and professional credibility. This perspective matters because it pushes me toward ambitious expectations, but it can also increase pressure when results do not immediately match effort, as a result, part of my growth as a Lerner involves maintain high standards while also adopting realistic, sustainable processes.

My earlier educational enviorments ooffered both support and limitations. Community College provided a structured familiar atmosphere where it was easier to build routines and maintain relationships with instructors and peers, while large universities require greater initiative, independence, and comfort with help seeking. Since transferring, i have had to become way more proactive about identifying resources, forming both academic connections and building a schedule that supports both performance and wellbeing. The habits that have served me the best are those rooted in consistency, such as attending class prepared, stating assignments

earlier, and using practice to confirm a better understanding. This is rather than relying on passive reviews. I also recognize that feeling “prepared” for college is not permanent; it is a skill that is constantly being rebuilt through course work, expectations, and execution of personal responsibilities even if they change.

To make these expectations concrete, I have established SMART goals that translate my long-term vision into measurable outcomes. By graduation, I will earn my Bachelor of Science in engineering by completing the required coursework each semester, meeting with an academic advisor at least once per term, and maintaining consistent progress toward degree milestones. By the end of this calendar year, I will strengthen my career readiness by applying to at least three internships each week and scheduling at least one professional conversation per month with a professor, advisor, or industry contact to improve my understanding of the field and hiring expectations. This semester, I will raise my academic performance by maintaining a 3.5 semester GPA through planned weekly study blocks, completing major assignments at least 48 hours before their due dates, and using active study methods such as practice problems and self-quizzing to monitor understanding. Finally, in this course, I will earn above a 3.0 by attending class consistently, completing weekly tasks early in the week, and using feedback from assignments or quizzes to adjust my study strategies rather than repeating the same approach.

Overall, I expect FSU to challenge me academically, and I am prepared to respond with more disciplined and consistent learning habits. My long-term goal is to earn my Bachelor of Science in engineering and build a path toward project management in a tech-forward environment. I will support that goal by maintaining measurable SMART targets. Specifically, I will earn above a 3.0 in this course, maintain a 3.5 semester GPA, and apply to at least three internships per week by the end of this calendar year while continuing to build professional

connections. To achieve these outcomes, I will plan earlier, use weekly checkpoints to track progress, and rely on active study strategies such as practice and self-quizzing instead of waiting for deadlines. When challenges come about, I will use available support and resources to ensure I'm not overstressed. By protecting routines like sleep, exercise, and social time, I can sustain steady progress and follow through on the goals I have set.