

Los Medanos College MESA Program

**JOS MEDANOS** COLLEGE STEM 8

5-week Progress Report

## Complete and return SC2-211, 213, or 231 to get you special prize by Friday, March 3rd

Student Name: \_\_\_\_\_\_ Major: \_\_\_\_\_\_

Below is the list of resources & tools in the MESA Center and strategies for success. Please check off all of the resources / strategies that you have used to improve your learning in **each** and **every course** and progress in your educational path overall during this progress reporting period.

Resources / Strategy	Yes (🖌 )	No (🖌 )	Need More Info (✔)
Overall	<b>r</b>	•	
ED PLAN – did you visit the MESA counselor to update your ed plan?			
TIME MANAGEMENT – are you managing your time wisely?			
MESA SPEAKER – have you attended the MESA speaker seminars?			
COLLEGE TOUR – have you gone on any college tours?			
LEADERSHIP – have you taken on any leadership roles on campus?			
Course:			
MESA TUTORS – did you get help from MESA tutors?			
CORE TUTORS – did you get help from tutors in the CORE?			
STUDENT HOURS – did you visit the professor during office hours?			
COMMON CLASS – did you study with other MESA students in your class?			
TEXTBOOK READING – are you actively reading the textbook prior to class?			
REVIEW LECTURE NOTES – are you reviewing notes regularly after class?			
ONLINE LECTURE VIDEOS – are you supplementing with online videos?			
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Purpose	
<i>Student</i> – This 5-wk report is an icebreaker to help build a	<i>Instructors</i> – Please rate and comment
relationship with your professors and learn your early progress	on your student's progress through the
in classes. Please have each professor rate and comment on	first 5-weeks. Also comment on their
your progress <i>during scheduled student (office) hours</i> . Your	class participation and attendance. <i>Thank</i>
self-evaluation can be helpful when discussing your progress	you for your support.
with your professors.	

COURSES		PROGRESS (🖌 )	
Course title & number:	e title & number: Units: nents and any recommendations for improvements. Please specify:		
comments and any recommendations for improvements. I lease speeny.		Average	
		Below average	
		Too early	
Instructor Signature:	Date:	Needs tutoring	
Course title & number: Units: Comments and any recommendations for improvements. Please specify:		Above average	
		Average	
		Below average	
		Too early	
Instructor Signature:	Date:	Needs tutoring	
Course title & number: Units: Comments and any recommendations for improvements. Please specify:		Above average	
		Average	
		Below average	
		Too early	
Instructor Signature:	Date:	Needs tutoring	

## IF YOU HAVE MORE THAN 3 CLASSES, PLEASE OBTAIN ADDITIONAL FORMS IN THE MESA CENTER.

 
 Reviewed by:
 Date:
FOR OFFICE **USE ONLY** Comments: