

# Stay Whelmed Reflection and Planning Guide

## Survey Flow

Block: Default Question Block (31 Questions)  
Standard: Block 1 (2 Questions)

Start of Block: Default Question Block

Q15 Take Time to Reflect

The **Stay Whelmed Reflection and Planning Guide** helps Honors students reflect on their experiences and identify goals, resources, and next steps for the semester ahead. This guide is grounded in the Honors Program's [Stay Whelmed](#) approach, which emphasizes balance, curiosity, connection, and growth - not perfection.

We encourage you to set aside uninterrupted time to complete this form thoughtfully. This guide is for your own use and reflection; responses are not reviewed or evaluated.

If you would like to talk through your plan, you'll find instructions at the end of the guide for how to schedule an appointment with an Honors staff advisor.

Throughout the form, you'll see links to the Honors Stay Whelmed pages, which bring together academic, well-being, and campus support resources available to all Honors students. You can explore these resources at your own pace and return to them as your needs change.

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Q25 The goals of the Stay Whelmed Reflection and Planning Guide are to:

- Support meaningful reflection on your academic and personal experiences
  - Help you identify priorities and challenges that may be affecting your success
  - Encourage goal-setting that aligns with a Stay Whelmed approach - balancing achievement, well-being, and connection
  - Provide a structure for identifying resources that support your goals across all UConn campuses
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Q20 Please note that all University employees are mandated reporters of child abuse or child neglect. In addition, UConn employees have responsibilities to report to the Office of Institutional Equity student disclosures of sexual assault and related interpersonal violence; any information you submit in this form is subject to UConn reporting policies. If you feel you need more immediate assistance or support, we encourage you to reach out to the Dean of Students Office and/or Student Health and Wellness - Mental Health (Mental Health Resource Center). In addition, if you have concerns related to sexual harassment, sexual assault, intimate partner violence and/or stalking, we encourage you to review the resources and reporting options available at: <https://titleix.uconn.edu/>

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**Q19 Student Information**

First Name

Last Name

★ UConn Email

Anticipated Year of Graduation

UConn Home Campus, Previous Semester

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**Q35 UConn Home Campus, Current/Upcoming Semester**

- Avery Point
  - Hartford
  - Stamford
  - Storrs
  - Waterbury
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Q24 Did you receive a notification from the *Office of Undergraduate Advising* (sent some time after the end of the previous semester) that you are on **Academic Notice**?

Yes (1)

No (2)

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*Display this question:*

*If Q24 = Yes*

Q26 If you are on Academic Notice, you should first fill out the **Academic Success Plan** linked on the University Scholastic Standing page (top right corner) before continuing this form.

This **Stay Whelmed Reflection and Planning Guide** is similar, but the **UConn Academic Success Plan** must be completed prior to meeting with your **Academic Success Advisor** (Avery Point, Hartford, Stamford, Waterbury, Storrs) to complete the requirements of the Academic Standing Hold that would prevent registration for the following semester.

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*Display this question:*

*If Q24 = Yes*

Q27 We encourage you to meet with a member of the Honors Advising staff to discuss any questions or concerns you have about Honors requirements, or for additional support as you plan for the upcoming semester! Please make sure you first review the Mandatory Student Actions for students on Academic Notice.

I have reviewed the Mandatory Student Actions and have filled out (or will fill out) the UConn Academic Success Plan. I would like to continue completing the **Stay Whelmed Reflection and Planning Guide** in addition to the **UConn Academic Success Plan** (1)

I have reviewed the Mandatory Student Actions and would like to exit this form (2)

I am not/no longer on Academic Notice and would like to continue completing the **Stay Whelmed Reflection and Planning Guide** (4)

*Skip To: Q18 If Q27 = I have reviewed the Mandatory Student Actions and have filled out (or will fill out) the UConn Academic Success Plan. I would like to continue completing the <strong>Stay Whelmed*

*Reflection and Planning Guide* in addition to the *UConn Academic Success Plan*

*Skip To: End of Survey If Q27 = I have reviewed the Mandatory Student Actions and would like to exit this form*

*Skip To: Q18 If Q27 = I am not/no longer on Academic Notice and would like to continue completing the Stay Whelmed Reflection and Planning Guide*



Q18

**Reflecting on your semester, what academic strengths or effective strategies did you notice?**

As you respond, consider:

- What helped you stay engaged, organized, or motivated?
- What felt sustainable or aligned with your well-being?
- In what situations did you feel "whelmed" rather than overwhelmed?

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Q1

**As you reflect on your most semester at UConn, consider the personal, academic, and environmental factors that may have affected your success.**

*Everyone's Honors experience includes challenges, especially during periods of transition. Identifying these challenges is not about judgment - it's about understanding what support or adjustments might help you move forward. Identify the challenges you experienced below:*

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|------------------------------------------------------------------------|---------------------------------------------------------------------------|
| <input type="checkbox"/> Motivation                                    | <input type="checkbox"/> Family Responsibilities and/or Expectations      |
| <input type="checkbox"/> Academic Burnout (Overwhelmed by course load) | <input type="checkbox"/> Home/food insecurity                             |
| <input type="checkbox"/> Trouble understanding course content          | <input type="checkbox"/> Work Responsibilities                            |
| <input type="checkbox"/> Class Attendance/Participation                | <input type="checkbox"/> Time Management                                  |
| <input type="checkbox"/> Managing increased academic expectations      | <input type="checkbox"/> Finances/Scholarships                            |
| <input type="checkbox"/> Communicating with instructors/advisor(s)     | <input type="checkbox"/> Lack of support/connection on campus             |
| <input type="checkbox"/> Mental Health Challenges                      | <input type="checkbox"/> Social Distractions/Commitments                  |
| <input type="checkbox"/> Sleeping/Eating Habits                        | <input type="checkbox"/> Navigating a new or different social environment |
| <input type="checkbox"/> Stress/Anxiety                                | <input type="checkbox"/> Adjusting to living away from home               |
| <input type="checkbox"/> Health Concerns                               | <input type="checkbox"/> Transportation                                   |
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- Relationships (Family, friends, romantic, roommate, etc.)
  - Identity (Gender, sexual, transition, etc.)
  - Deciding on my major
  - Realizing my major was not a good fit or match for me
  - Learning differences or disabilities
  - Difficulty obtaining accommodations (e.g. granted in high school but not approved or available at UConn)
  - Fear of making mistakes or decisions with long-term consequences
  - Understanding or fulfilling Honors requirements
  - Current political climate and societal events
  - Other (describe challenges):

Q15 You identified the following challenges that impacted your work during your most recent semester:

`#{Q1/ChoiceGroup/SelectedChoicesTextEntry}`

**Take a moment to reflect on the challenges you faced this semester, and what made them significant for you. Of the challenges identified, choose the top three you would like to focus on this semester.**

**For each one, reflect on:**

- Why this challenge feels important to address now
- How it affected your academics, well-being, or sense of balance last semester
- What kind of support, change, or resource *might* help (it's okay if you're not sure yet)

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Q28 Priority #1

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Q29 Priority #2

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Q30 Priority #3

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**Q2 The following characteristics most accurately describe my academic habits during my most recent semester at UConn: *Select all that apply.***

- I participated in class on a regular basis.
- I felt comfortable approaching faculty with my questions.
- I utilized a planner/calendar (paper or online) to organize my course information/assignments
- I completed and/or submitted my assignments on time.
- I read the syllabus and/or grading structure for each class.
- I took effective notes and reviewed them when studying.
- I remembered information presented in class and in textbooks.
- I attended all of my classes on regular basis.
- I faced personal and/or family challenges that affected my academic habits.
- I used online study resources such as Quizlet or Khan Academy
- None of the above (describe your habits):

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**Q38 Looking at the habits you selected above, what patterns do you notice?** You might reflect on:

- Which habits supported your learning or sense of balance
- Which habits felt hard to maintain or didn't work as expected
- What you might want to adjust, rather than overhaul, this semester

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**Q3 How many hours a week do you spend studying?** (Reviewing course material, completing assignments, meeting with professors, visiting tutoring centers, etc.)

*You can enter a weekly average, or a range of hours.*

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Q34 Which class, or classes, do you think will be most challenging for you this semester?

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Q39 Stay Whelmed means knowing when - and how - to use support.

The questions below are meant to help you reflect on what support you used, what you didn't, and why.

Q40 **As you think about the challenges you identified, what types of support might be helpful for you right now?** Select all that apply:

- Academic support (study skills, tutoring, time management)
- Well-being
- Navigating challenges related to identity, belonging, or current events
- Connection and community
- Exploring majors, goals, or next steps
- Not sure yet/still figuring this out

**Q13 Did you use on-campus resources during your most recent semester at UConn?**

*These might include resources such as your academic advisor, Student Health and Wellness (SHAW), your SSS advisor, Center for Students with Disabilities (CSD), the Academic Achievement Center, the Q or W Centers, Dean of Students Office, Cultural Centers, etc.*

Yes (1)

No (2)

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*Display this question:*

*If Q13 = No*



*Q14 Not using resources does not mean you did something wrong - this question simply helps you reflect on awareness, comfort, and timing.*

What prevented you from using campus resources?

*Select all that apply.*

- Unaware of resources
- Not comfortable seeking help from instructors
- Privacy concerns
- Uncomfortable seeking support
- Felt I didn't need resources
- Preferred to use online resources (Khan Academy, Quizlet, etc.)
- Other (describe reason):

Display this question:

If Q13 = Yes



**Q4 I used the following campus resources during my most recent semester at UConn:**  
*Select all that apply.*

- Academic Achievement Center (includes Supplemental Instruction)
- Q Center/Writing Center/other Tutoring Center
- Peer mentoring program (PATH, TME, LCs, etc.)
- Student Health and Wellness (SHAW)
- Center for Students with Disabilities (CSD)
- Academic Advisor
- Center for Career Development
- Cultural Center or Student Organizations
- Professor/TA Office Hours
- Campus Library
- Dean of Students Office/ Office of Student Services
- Center for Access and Postsecondary Success (CAPS)
- Honors Guides for Peer Success (GPS)
- Other Professional Staff Advisor (STEM, Rowe, OUR, McNair, etc.)
- UConn Connects
- Other (describe campus resources used):

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### Q37 Stay Whelmed Resources

You can explore support options by type on the [Stay Whelmed Resources](#) page:

- Academic Support
  - Campus Support, Connection, and Community
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Q16 We encourage all students to seek support from the many resources that can help them meet their academic potential.

Using a Stay Whelmed approach, the goal is not to do *more*, but to do what is most supportive and sustainable for you.

Reflect on the challenges you identified earlier and your responses so far and think about some positive changes and specific goals you can work towards this semester.

- Use the SMART framework to help create two goals that reflect your priorities this semester: **S**pecific: What exactly do you want to accomplish?
  - **M**easurable: How will you know when you've achieved it?
  - **A**chievable: Is this goal realistic given your current circumstances?
  - **R**esources: What resources, tools, or support will help you achieve this goal?
  - **T**ime-Bound: When will you complete this goal?
- 

### Q10

#### Goal #1 (Academic)

Specific:

Measurable:

Achievable:

Resources:

Time-Bound

#### Goal #2 (Academic or Personal)

Specific:

Measurable:

Achievable:

Resources:

Time-Bound

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Q12 This Stay Whelmed Reflection and Planning Guide is for your own use.  
*Your responses are not reviewed or monitored.*

If you would like to talk through your reflections, goals, or next steps, you are welcome to schedule an appointment with an Honors staff advisor: <https://s.uconn.edu/honorsadvising>

Bringing this guide to your Stay Whelmed meeting is entirely optional and up to you.

**What additional topics or resources would you like to talk about in your Stay Whelmed meeting with an Honors staff member?** Select all that apply.

- Campus Resources
- Major Change
- Study Skills
- Time Management Skills
- Personal Well-Being
- Mental Health Resources
- Career Options
- Adjusting my schedule or potentially repeating a course
- Honors requirements
- Other (describe topics):

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**Q17 Please share any additional comments, information, or concerns that you think are important for your advisor to know as they help you build a success plan.**

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End of Block: Block 1

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