

## Dissertation Success Assessment/Checklist

Where do you stand on the road to finishing your dissertation? Take this assessment and then use it as a checklist to track your progress. You will also receive a free gift. Just enter your name and email to receive your score.

Respond to these few simple questions to find out where you stand and what might be holding you back!

I am able to keep up a steady pace of reading, writing and research.

Less True - 1 2 3 4 5 - More True

I function well without structure.

Less True - 1 2 3 4 5 - More True

I am able to reach out for support (e.g. dissertation groups, members of my dissertation committee.)

Less True - 1 2 3 4 5 - More True

If I fall behind in my writing, I forgive myself and get back to work.

Less True - 1 2 3 4 5 - More True

I am able to set aside small periods of time to get work done.

Less True - 1 2 3 4 5 - More True

I tend to plunge into tasks I dislike, as opposed to avoiding them.

Less True - 1 2 3 4 5 - More True

I look forward to the career I will have after I complete my degree.

Less True - 1 2 3 4 5 - More True

I have a good relationship with my dissertation advisor.

Less True - 1 2 3 4 5 - More True

I have clear short-term and long-term goals.

Less True - 1 2 3 4 5 - More True

I see the 'big picture;'

how my dissertation fits into the larger body of work and what I am contributing to it.

Less True - 1 2 3 4  
5 - More True

My schedule is not filled with unnecessary tasks.

Less True - 1 2 3 4  
5 - More True

I know how to 'network' and have been able to establish relationships with others in my field who are not at my university

Less True - 1 2 3 4  
5 - More True

I take actions to help myself feel less stressed.

Less True - 1 2 3 4  
5 - More True

I am able to start writing even though I might not know exactly everything I'm going to write that day.

Less True - 1 2 3 4  
5 - More True

I have given several talks on my dissertation topic (in any venue.)

Less True - 1 2 3 4  
5 - More True

I have a schedule for completion that I've been following.

Less True - 1 2 3 4  
5 - More True

I am NOT a perfectionist.

Less True - 1 2 3 4  
5 - More True

Enter your name and email to get your score. \*Bonus! When you enter your name and email address you will automatically receive a free gift, the useful and increasingly well known "Academic Writer's Block Wizard." You also receive my bi-weekly newsletter. Stay on track and reach your goals with our action-oriented tips and guidance. You can easily opt out if you wish.

Please note that if you do not enter your name and email address you will be directed to return to this page, and you will have to re-enter your responses.

Your Name:  
Your Email:

