

# Examples of Factors Which Make Success in College Difficult For Students

## Personal Issues

Some examples:

- Poor health
- Financial difficulties
- Too many commitments
- Unresolved problems
- Lack of self-confidence
- Clash between job and school
- Family problems
- Social distractions
- Change in relationship with someone important
- Anxiety
- Loneliness

## Problems with Courses

Some examples:

- No interest in a particular course
- Inappropriate background for a course
- Course load too heavy
- Uncertainty about academic and career goals
- Course does not fit with academic and career goals
- No tutors or other support for courses
- Burnout from taking lessons
- Unrealistic choice of courses
- Courses unavailable when needed
- Unrealistic amount of work assigned in courses
- Too little time available in schedule to complete coursework

## Approaches to Studying

Some examples:

- Good intentions but poor follow-through
- Poor concentration
- Worries about failure
- Spotty reading of textbooks
- Being unprepared for classes
- Being unprepared for tests
- Lecture notes useless for studying
- Not knowing how to learn material
- Uncertainty about what is important
- Not reviewing course material often enough
- Quickly forgetting material
- Substituting memorization for understanding
- Not allowing enough time to prepare for tests

## Motivational Problems

Some examples:

- Enrolled in college because of the expectations of others
- Lack of self-discipline
- Little interest in courses
- Uncertainty about how college fits into goals
- Energy low for completing assignments
- Off-campus activities are a distraction
- Life seems to be "on hold"
- Placing a higher priority on job responsibilities than schoolwork
- Learning is rarely fun
- Negative emotions (stress, boredom) part of college routine