ACCESS
Study Skills Tip of the Week

After Spring Break, Come Back With the Right Attitude

Don’t avoid the work. Avoid the following excuses:

“I Can’t Do It.”
Some students adopt a defeatist attitude from the very start. Convinced they cannot do the work, they don’t even try. However, the only way students can find out whether or not they can do something is by trying, giving it their best shot. Most colleges will give determined students plenty of help by making such services as tutoring programs and writing centers. (See www.tutoring.niu.edu or http://uwc.niu.edu).

“I’m Too Tired”
Some students say that they become tired as soon as it’s time to write a paper, study, or go to class. Then their weariness clears up when the pressure is off. This “sleepiness syndrome” also expresses itself in the imagined need for naps during the day and ten hours or more of sleep at night. Such students are, often literally, closing their minds to the hard work that college demands.

“I’m Too Busy”
Many students fill all their spare time with social activities, sports, and friends. While college should be an opportunity to try new things and meet new people, keep in mind that the real purpose and the ultimate goal is to receive an education. Students need to learn to set priorities with their education as top priority.

“I’ll Do It Later”
Some students constantly postpone or procrastinate doing assignments. They neglect to set aside regular study hours and put off reading assignments, yet, they often seem surprised and angry at the low grades they receive.
“I’m Bored With The Subject”
Students sometimes explain that they are doing poorly in a course because the instructor or the subject matter is boring. These students want education to be entertaining— an unrealistic expectation. On the whole, college courses and instructors balance out: some will be boring, some will be exciting, and many will be somewhere in between. If a course is not interesting, students should be all the more motivated to do the work so they can leave the course behind once and for all.

For more information see:
ACCESS A+ Program
100 Williston Hall (815) 753-1126
www.tutoring.niu.edu