

COMMON STUDY PROBLEMS AND SUGGESTIONS

DIRECTIONS: Read the student comments and identify the study problems that pertain to you. Use the suggestions to counteract your study problems.

Student Comments	Some Things To Consider
<p>Only here because I have to be Lazy Lack of enthusiasm, motivation Lack of willingness to study</p>	<p>Study regularly whether you like it or not. The hypothesis is that while studying is more pleasant if you like it, you can learn just as successfully if you don't like it. JUST DO IT!</p>
<p>Gave up mentally Boredom Have low frustration tolerance</p>	<p>If you find it hard to keep your mind on your work or have low frustration tolerance, start with such short study times and frequencies that there is no way to fail. Increase the time and frequency of successful efforts gradually. This may result in the "itch to learn" or merely encourage you by reward of mastery—YOU have dominated the task not vice versa.</p>
<p>Poor attendance</p>	<p>Make a friend in the class to help you go through material that you have missed previously. Then, make a commitment to go to class and follow through. Attendance is very significant for morale. It tests your commitment and frustration tolerance. Attendance, even of the most inattentive sort, usually results in some learning. This will, in time, be self-rewarding as each class session becomes more meaningful because of what you learned the time before.</p>
<p>Too much anxiety</p>	<p>First, see the professor for help. If the anxiety persists, explore the problem at Texas State's Counseling Center with a counselor who can tell you about specific helpful techniques. You can even make a study skills appointment at SLAC to talk to a learning specialist. Or perhaps a friend may be able to help you. A counselor, teacher, or friend may help sustain you until the reward of success changes your attitude and self-concept.</p>
<p>Carrying too large a load Poor class schedule</p>	<p>Don't rush into dropping a class. First, consult the professor or advisor. If you are anxious or lacking in self-confidence, you may be frightened off before you have had a chance to learn to cope with the material. You can be given help in getting started and in mastering what seems at first to be difficult. You can learn to learn, and you can learn not to be afraid. Carefully weigh any thoughts about dropping the class.</p>
<p>Outside work does not permit study time</p>	<p>Is this the real issue? Evaluate carefully. Then make a choice: less work or fewer classes.</p>
<p>Study time gives me a feeling of isolation</p>	<p>If you prefer cooperative or sociable work patterns, then study with a friend or two. This arrangement, however, must be tested to see whether it is productive or distracting. Many students find cooperative problem-solving, discussion, or even "company-in-misery" as very effective aids to mastery.</p>

Student Comments

Some Things To Consider

Class moves too fast
Too much crammed in one course
Too much reading to do
Too much required writing

You may have to spend more time on it at first! Often familiarity with the material will reduce that "overwhelmed" feeling. Read ahead. Prepare for each class meeting. Talk with the professors; you'll be surprised how cooperative and helpful they are.

Skim whenever you feel the material permits it. Get the essential and the most important points; don't get bogged down in details.

Lectures are hard to understand
Material is too technical

Why? Vocabulary? Too many ideas at once? Lack of familiarity with the subject? Are you listening attentively? Follow instructors' development of the subjects and their reasoning. Take notes and review them immediately. Visit your professors' office hours to talk about the course.

Terminology is difficult

Master technical vocabulary immediately as it appears in reading or in class. Use flash cards or apps like Quizlet. You can't afford to put this off. Any class will be about a foreign subject until you understand the special language of the course.

Lack confidence in subject area
Afraid of subject
Subject is difficult to grasp
Lack necessary background
Lack interest in subject

Get involved in the subject: ask questions as you read, talk with someone about the subject, research the topic online, and read supplementary material on the subject.

Tests and weekly quizzes too much

Begin preparing with the announcement of the test or after the last quiz. Study a little every day. Avoid last minute cramming. Anticipate what is essential and important and review frequently.

Uncomfortable in class

Determine why. Preparation for the class and mastery of the material should help. Get acquainted with other students and the teacher.

Poor memory
Poor concentration
Can't take notes

See the specific handouts on these skills prepared by SLAC.

Difficulty writing

Carefully follow teacher's directions and suggestions. Study examples teachers may supply. Make a rough draft based on above and ask teacher to make further suggestions. Ask other students for help. Visit the Writing Center or SLAC for help.

Difficulty reading
Slow reader

Most students read slower than they need to, often don't know where to look for main ideas, don't question as they read, or check for understanding. Make a SLAC study skills appointment to learn more.