

CHANGING DESTRUCTIVE BELIEFS

Almost all of us cling to long-held beliefs even after they have been disproven. Faulty beliefs prevent us from realizing our potential as students and as human beings, so you must recognize your faulty beliefs and do away with them.

MYTH "I can study for 5 hours before the test and make an A."

FACT It is quality and not quantity of studying that makes a difference.

MYTH "The only way to make good grades is to study all the time!"

FACT The way to good grades is to effectively arrange your time to allow for both studying and playing. One of the best ways to manage your time effectively is by sticking to a daily schedule.

MYTH "I hate to study, I hate my classes, and I cannot change the way I feel."

FACT The reason why many people dislike an activity is that they never learned how to do it well, or they did not give themselves time to do it well. That is why attempts at these activities result in frustration. The trick is to learn how to do an activity and to give yourself a chance to do it well by scheduling enough time. Often, if you give yourself a chance to do something well, your attitude towards it changes for the better.

MYTH "I wrote down exactly what the professor said, so I should understand this."

FACT First, word for word copying does not necessarily help you learn and may actually prevent you from understanding at all. The second problem is that in order to understand, you must be able to put things in your own words. Whatever you write down should be in your own words. Review notes the same day as the class to fill in any gaps in your notes.

MYTH "If I do not like a course, I cannot do well in it."

FACT Disliking a class will likely make it harder to maintain interest, but this does not make it impossible to do well. You can pass, and do well, in courses you dislike by arranging for and using efficient study techniques.

MYTH "I think college is hard, and I am struggling in a class. College is not for me."

FACT College is supposed to be challenging, maybe not every class, but many. Persevere and your hard work will pay off.