



10+ Self-Defeating Behaviors in College

Ten things you do NOT want to do if you plan to succeed in college....

1. **Attend class irregularly** or arrive late frequently.
2. Turn in **substandard work** in appearance and in content.
3. **Don't inform instructors** ahead of time when you know you will be absent.
4. **Don't make up work** you missed when you were absent.
5. **Don't ask questions**, even when you are confused and don't know the answers to the questions.
6. **Don't connect with other students** in the classroom to get work you missed, information clarified, form study groups, etc.
7. **Don't plan for papers or exams**, count on that last rush of adrenaline to pull you through at the last minute.
8. **Procrastinate** on papers, projects and exams.
9. **Cram** for exams.
10. **Blame the instructor**, the tutor, the school or anyone else rather than accepting responsibility for you own behaviors.
11. **Don't have a fixed schedule** for studying, just do it when you "have time".
12. **Don't buy the textbooks**, and if you do, don't read them or bring them to class.
13. **Choose to be a perfectionist**. (a project must be perfect or you do not hand anything in).
14. **Spend a lot of time** worrying about a test and at the same time put off studying for the exam.

You will never find time for anything. If you want time, you must make it.

-Charles Bixton