

# **HOW DID I GET HERE?**

## **Factors Contributing to Academic Difficulty**



The first step in figuring out how to improve your academic difficulties is understanding how you got there in the first place. The next step is taking responsibility for your role in how you dealt with those factors.

There may be things in our lives that happen unexpectedly and we feel they beyond our control. However, how we choose to deal with those situations **IS** under our control!

Below is a list of common factors that can affect academic performance. Please rank order the top 3 factors that apply to you. Write 1 in front of the most important factor for you, 2 in front of the next important factor, and 3 in front of the last important factor:

**NOTE THAT THE FACTORS ARE PHRASED IN TERMS OF HOW YOU CHOSE TO DEAL WITH THEM (OR NOT DEAL WITH THEM):**

- I didn't attend my classes regularly
- I didn't study enough for my classes (effective studying takes 2-3 hours per week for every credit enrolled in, i.e. 24-36 hours per week for a 12 credit course load)
- I memorized course material instead of studying to understand it
- I crammed for exams instead of studying effectively every day
- I enrolled in more credits than I could handle, given my other activities (job, student organizations, etc.)
- I had difficulty managing my time
- I didn't use all the MSU resources available to me (advising, tutoring, counseling, career services, etc.)
- I found it hard to motivate myself to do well in classes I didn't like
- I spent too much time with social activities
- I had serious medical or personal problems that affected my studies but didn't seek assistance from instructors, advisors, and/or student affairs administrators to discuss my options and resources
- I had little motivation because I'm not sure why I'm in college
- I didn't feel like I "fit in" at MSU
- I chose a major that didn't fit with my interest and abilities
- Other (describe, using terms that acknowledge your responsibility for your choices)

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