

20 Obstacles to Academic Success

There can be many distractions and obstacles to academic success. Some items in this list may be **YOUR** obstacles!

1. Lack of study schedule
2. Priorities unclear (What to study first)
3. Failure to use short blocks of time constructively
4. Failure to use long blocks of time constructively
5. When sitting down to study, usually too tired or listless to study
6. Leaving tasks unfinished; jumping from one task to another
7. Studying on bed and falling asleep
8. Daydreaming
9. Can't resume studying after study breaks
10. Spending too much time socializing, playing games or sports
11. Unable to say "no" to invitations and requests
12. Making unrealistic time estimates
13. Attempting too much at once
14. Getting behind in one course because of having to study for another
15. Getting involved in unnecessary details
16. Interruptions by outside interference (phone calls, visitors, noises)
17. Distracted or frustrated by cluttered desk
18. Not having or unable to locate needed materials
19. Study area faces a window, door, TV, phone or other distractions
20. Accomplishing very little in relation to the amount of time spent studying