Tricks To Avoid Common Student Traps

Too many students suffer in agony because they don’t realize these detrimental attitude-oriented mistakes that bring down their learning experience and eventually their own downfall. Check out this list for ways to help YOU avoid these tricky traps!

POOR TIME MANAGEMENT

TRICK: If it’s an internal problem, it may be good to step back and ask yourself why you keep avoiding tasks, then work out steps you can take to improve yourself on a personal level. If it’s an external problem, you may need to learn to say “no” to other people. It’s okay to be a little selfish when it comes to school; sacrificing your future for others ends well for no one. If you simply don’t know how to manage your time, consider watching Study Skills Workshop at the Multidisciplinary Success Center.

LETTING LOW MOTIVATION RULE YOU

TRICK: Low motivation leads to low commitment. It makes class feel like a chore, which leads to even lower motivation. Instead of focusing on your goal as to "get through" a class, connect it to your goals. "This class will put me one step closer to my goal of ___ by" allowing you to complete graduation or transfer requirements, for example. Making something personal and identifying how it is worth it is a great way to boost your motivation.

PUTTING DOWN SCHOOL, CLASSES, OR TEACHERS

TRICK: Negative comments are like a virus. They’re bad for you, bad for people around you, and they can make you miss out on a lot of good things. Intentionally forcing yourself to focus on positive aspects may seem like an idealistic attitude, but it’s been shown that those who force themselves to think positively tend to succeed more in school and life. Meanwhile, negative attitudes tend to leave people feeling as though what they are doing is not worth the effort. So try to turn those thoughts around!

MEMORIZING INFO BUT NOT CONNECTING

TRICK: When you memorize something without forming a meaningful connection between the information and something you’re already familiar with, many times it will just slip right out of your head. Try associating facts with something personal to you using association, metaphor, or analogy. Associating the information you know already with new information can help build memory paths in your mind to assist you during tests or practical applications.

PAIRING GRADES, CONFIDENCE, AND SELF-ESTEEM

TRICK: Telling yourself that you’re a failure because you get low grades only causes a self-fulfilling prophecy when it comes to future classes. Students who have turned their GPA around often say that the most important thing they did was learn to believe in themselves. Sometimes this can be hindered by lack of support, depression, or other psychological conditions. Never be afraid to seek help if you need it. Long Beach City College offers both academic and psychological counseling to current students.

NOT GOING TO CLASS

TRICK: If you ditch class, you get behind. If you get behind, you get backed up on work. If you get backed up on work, you start to feel like you can't catch up. If you feel like you can't catch up, you feel like going to class is pointless. Then you ditch class again, because what's the point? It's a vicious cycle. Sometimes just forcing yourself to go to class even if you don't feel like it can save you from this trap—actual illness aside, of course. Don't get everyone else sick; stay home if you are feeling physically ill.