

12 Diseases in Learning

Learning how to succeed in college is on-the-job training but not without ailments. Beware of these common diseases of college students. Too often, they can be fatal.

1. **Negative attitiditis** - Doesn't realize how much negative or limiting attitudes affect mood, motivation, and learning.
2. **Chronic quitosis** - Quits just before success or if something requires effort.
3. **Dietitis** - Sees no connection between a poor diet and problems in learning.
4. **Goal absentheria** - Unclear or unidentified goals result in low motivation.
5. **Duhitis** - Believes showing up is success in college.
6. **Socialis Prioritum** - Other activities are more important than academic ones.
7. **Taint myfaultosis of You mademedoititis** - Blames someone or something else for behavior and performance.
8. **Ignoramus Innocentio** - Doesn't know. Doesn't want to know. Doesn't suspect what it takes to succeed in college.
9. **Chronic Ignoramus Fatalis** - I can cram and get by in college.
10. **Macho/Tarsanitis** - I don't need help. I can fail by myself.
11. **Entertain me Orelsia** - If it isn't entertaining, I won't pay attention.
12. **Revengitis** - I will punish my boring instructors by getting an F in their classes. (Often associated with chronic ignoramus innocentio and duhitis).

For help on skills for better learning, make an appointment with the Learning Skills Specialist in SARC, 113 Phillips Hall, 407-823-5130