

## **12 Myths about Studying in College**

- 1.** In high school I did not have to study.
- 2.** Any time I am not in class is free time.
- 3.** The professor is boring so I can't learn.
- 4.** I don't need a study schedule. I have lots of time.
- 5.** I don't understand this class so there is nothing I can do.
- 6.** I messed up so I don't want to face my instructor.
- 7.** I don't have to attend class to get good grades.
- 8.** I don't need to improve my skills for learning.
- 9.** If I miss class I will just get notes from a friend.
- 10.** Good grades depend solely on how much time you study.
- 11.** Tests and exams cause test anxiety.
- 12.** I have never been an "A" student so I can never become one.

**Don't let your myths about studying inhibit your success in college.**