

16 Ways to Lower Your Grades or Flunk Out of College From Students Who Have Done It

Tired of school and all those late-nighters? Try these sure-fire ways to ease the load, lower your GPA, and increase your chances to flunk out of college! We know from experience that these techniques work.

1. **Eat an unbalanced diet.**
 - a. **Eat lots of sweet things and fatty foods.** “When I don’t eat right, I don’t feel like studying.”—Shay Dalton
2. **Choose not to review and recite notes regularly.**
 - a. **No review, no learning.** “I reviewed for tests by rereading the material 2 to 3 times.”—Rod Henry: An academic suspension statistic.
3. **Choose to have negative and limiting attitudes.**
 - a. **Have negative attitudes about learning, instructors, and your ability to succeed.** “This one got me on the bad side of every instructor. I didn’t know attitudes were a choice.”—James Singer: Burger maker at Wendy’s
4. **Don’t get enough nighttime sleep.**
 - a. “Fighting sleep in class kept me from concentrating. I thought naps would help, but they didn’t. Because I was sleepy in class, I didn’t have complete class notes so I failed several lecture quizzes.”—Senta Walsh
5. **Study where it is noisy.**
 - a. “I studied with the stereo or TV on, or around noisy roommates. I seemed to study so much more than other students but I kept getting low grades.”—Tory Sellman
6. **Don’t use a calendar book.**
 - a. **Don’t organize your time for classes, study, tests, papers, recreation, social activities, work, etc.** “I thought I could always make time to study when I had to so I didn’t need to write anything down. It didn’t work. I would always forget assignments and forget to study for tests.”—Wakesha Mosley: academically dismissed and applying for readmission (SAT score - 1270).
7. **Skip class or arrive late repeatedly.**
 - a. “This lowered me from a C to a D because I missed so much material and the professor thought I didn’t care.”—Barry Longly
8. **Be like everyone else.**

- a. “Our counselor told us that about 60% of our classmates won’t graduate and that to be successful we had to be different than they. I didn’t believe her.”—Maralynn Weekman: cashier
9. **Don’t do what is required.**
- a. “Don’t do homework, or turn in papers, projects late. I found this a quick and easy way to flunk out of college.”—Tom Marlinski: Unemployed
10. **Don’t take notes in class and from textbooks.**
- a. “I tried this and spent 2 semesters working in the fast food industry before I could to re-enroll in college. I was embarrassed.”—Cynthia Stall
11. **Overload yourself.**
- a. “Take too many classes, work too many hours on jobs, participate in too many student activities, and/or let your social life dominate your college life.”—John Deidrich: Business graduate with a 2.2 GPA. Still looking for a job in his field 2 years after graduating.
12. **Cheat.**
- a. “I got myself to believe that everyone did it until I got caught. I got an F in the course and was placed on probation. It would have been easier to learn the material...and smarter.”—Eric Johnson
13. **Cram.**
- a. “I waited until I felt like I had to study instead of making time to study daily. My 1st semester GPA was .09.”—Hadly Martin
14. **Don’t use campus learning resources.**
- a. “Don’t see a learning skills counselor, attend learning skills workshops or classes. I thought learning skills were only for remedial students. I found out no one learns without good skills for learning. I worked hard to develop my learning skills and my grades went up far enough to consider medical school.”—Dr. Jim Beal, MD
15. **Study by reading... reading... reading.**
- a. “This worked in high school but killed me in college.”—Delbert Clyburn
16. **Don’t choose to set clear goals.**
- a. “Avoid short-term (like a specific GPA) or long-term goals (like a certain degree or career). When I realized how much motivation I got from setting goals, even simple ones, I set them daily on my “to do” notecard.”—Nelson Scopes, a 3.89 graduate student (once a 1.3 GPA undergraduate student)