

## **Self-Defeating Behaviors in College**

- 1.** Attend classes irregularly or arrive late repeatedly.
- 2.** Turn in substandard work in appearance as well as content.
- 3.** Do not inform instructor of absences ahead of time.
- 4.** Do not make up work you miss when you are absent.
- 5.** Do not ask questions, even when confused about something.
- 6.** Do not make connections with other students in classes to get missed information, clarify assignments, form study groups, etc.
- 7.** Do not get help from student support services such as learning centers, tutors, counseling, financial aid, career services, faculty members, administrators, Supplemental Instruction, etc.
- 8.** Do not have a fixed schedule for studying each day.
- 9.** Don't buy the textbooks. Or if you do, do not bring them to class.
- 10.** If you find reading boring, don't read or learn it.
- 11.** Ridicule anyone who talks about class subjects outside of class.
- 12.** Do not plan for exams or papers; count on the heady burst of adrenaline to pull you through at the last minute.
- 13.** Do not read or refer to the syllabus.
- 14.** Procrastinate on projects, papers, and assignments.