

10 Reasons Why College Students Struggle

1. Inadequate Concept of the Meaning of Work.

Some students don't know what it means to put in a strong academic effort and sustain it for the length of a semester. They may have been successful in high school with little effort, good looks, and native intelligence. They try the same approach in college, but with poor results. Twenty hours of effective study a week outside of class is not uncommon for a successful college student.

2. Importance of Other Activities.

This can mean putting less time into academics and more time into Greek organizations, sports, work, volunteer efforts, dating, sleeping, eating, drinking, etc. A student must carefully balance academics with other activities. Academics must be a priority. Academic success has a long-term impact on one's future.

3. Need for Goals and Directions.

This can be difficult for college freshmen. A freshman may not yet see life's big picture at 18 years of age. They can, though, formulate goals and directions for a day, week, month and a semester. If one writes down academic plans and goals for a semester, amazing results may come about.

4. The Quality of Work.

College freshmen can easily see the quantity of work from high school to college. Adjusting to higher quality can be difficult. In-depth knowledge is different from the surface knowledge of high school. Students should seek the help of academic professionals and campus learning centers in order to better understand quality. Quality develops with time and effort.

5. Inadequate Language Skills.

This means reading and writing skills. Students live in a world of television, Ipods, instant messengers and cell phones. Technology tends to degrade one's development of reading and writing skills. Universities often having Reading Development Programs and Writing Centers to enhance these skills. If students persist in developing these skills, they will rapidly improve.

6. Not Adequately Taking Responsibility.

College freshmen, when facing poor academic results, tend to look for places they can deflect the blame. They may cite poor instructors, noisy dorms, lack of time, or not being graded in a fair manner. Poor grades, in hindsight, could generally have been avoided. When a freshman starts to take responsibility for academic results, they realize they can also take control of academic success.

7. Psychological Issues.

Freshmen when starting college face all types of adjustments. They can get depressed when life gets frustrating. Relationships can be perplexing. Anxiety, anger and family issues add to the drama. Colleges provide help through the Counseling Centers, campus ministries, and

Student Health Center to assist students with emotional issues. Mature students know to ask for help.

8. Abuse of Alcohol and Drugs.

There is good news and bad news here. The bad news is about 25% of college freshmen are binge drinkers. The good news is only 8% of college seniors binge drink. Such alcohol abuse contributes to car accidents, sexual trauma and assault, verbal and physical violence and general decline of academics. Substances like “pot,” hallucinogens, or narcotics generally drain one’s motivation for learning and obscure one’s sense of purpose in college. Colleges are putting more staff and programs into place to help students cope with these issues. The Counseling Center and Health Center are good referral sources.

9. Selection of the Wrong College.

High school seniors are often confused as to whether to attend junior college or a 4-year college, private or public, in-state or out-of-state, small, medium or large universities. What is necessary is to visit as many institutions as possible to see what is the best fit. Whether an institution works or doesn’t work for a student often depends on the effort a student makes to get adjusted.

10. Selection of the Wrong College Major.

A college freshman shouldn’t be expected to know what their life’s work will be. Very few do. It takes a year or so and involves extensive exploration of academic majors and understanding one’s interests, abilities, values, personality and goals in life.

Please examine www.GettingReadyforCollege.com to see whether you know someone who can benefit from this success-oriented college preparation program.

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