



14 reasons why some college students struggle.

Tips to help you pass your course.

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This presentation is about PASSING and GRADUATION

Listing the 14 challenges in this presentation aims to empower you.

Knowing about these challenges enables you to take action sooner rather than later, to ensure that you succeed.

For all 14 challenges, we offer positive suggestions and possible solutions.

It is possible to experience all challenges listed in this presentation and to graduate with high honours!

We wish you every success with your studies.



14 challenges faced by college students

Physical and emotional health

Choosing the wrong major

Family commitments

Time-management

Private space

Environment

Aid/finance

Social life

Employment

Collegiate support

Language challenges

Leisure and distractions

Disability and disadvantage

Motivation, hard-work and self-discipline

Timing is paramount

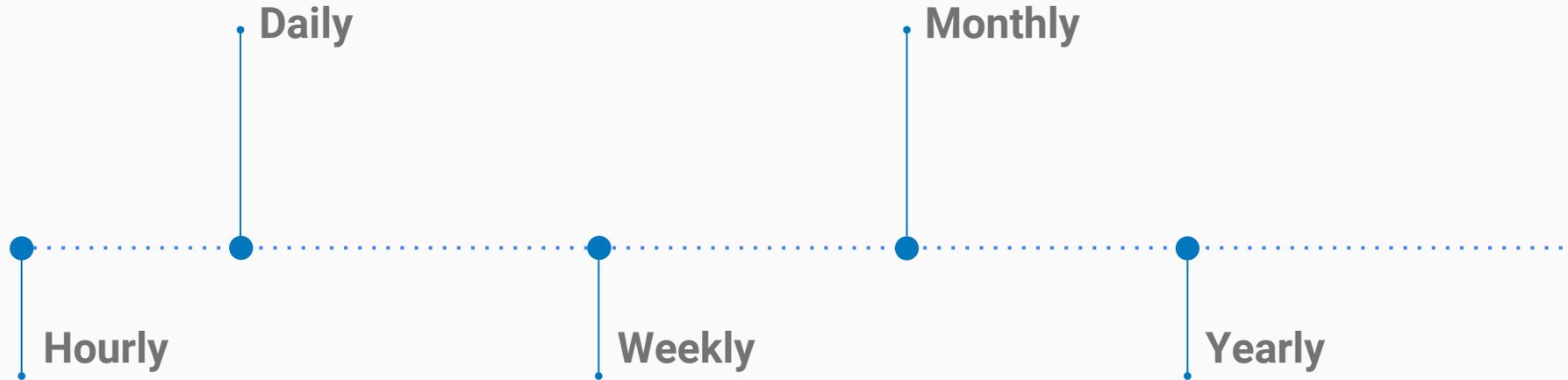
Are you ready to study at college level or to continue with your current studies?

Not being ready to study at college level does not mean that you are not capable of graduating.

You are better off deferring your studies until you are ready to start/recommence rather than studying at an unsuitable time in your life.



Time: incorporate your study into **your routine**



Just as you brush your teeth as a matter of routine, you need to engage with your studies on a regular basis. Do not neglect your studies for extended periods. The longer you neglect your studies, the more difficult it is to catch up in time to pass your assessments.

MOTIVATION

PASSION



**SELF-
DISCIPLINE**

HARD WORK

MOTIVATION and persistence are often the most important factors that determine whether a college student passes their assessments and completes their course of study.

You may find your subject major interesting and be **passionate** about the topics presented in the classroom. However, if you are not motivated to **WORK HARD** you may not finish.

In contrast to high school, post-secondary studies are largely self-directed. You need to take ownership of your study. It is important to be **self-disciplined** with your study habits.

Being a full-time ‘social butterfly’ and a ‘party animal’ can be a problem



Taking time out to be with your campus friends is important. Completing your assessments is also important. Some students do not complete their program as they are extremely social people. Many are constantly distracted by the presence of their friends on campus. They frequently go for coffee, beers and long lunches with a large number of campus friends and neglect their studies.

Try to find the right balance between work and play.

Family commitments

Spending quality time with your **family** is important.

So is completing your assessments and your study program.

Many students do not complete their program because they have heavy family commitments.

Find a solution that suits your specific lifestyle. For example:

- (a) Hire a childcare assistant
- (b) Switch to part-time candidature
- (c) Request leave from your studies
- (d) Defer your enrolment to a future date
- (e) Work with your family to coordinate your schedules.

Speak with your course advisor and welfare counsellor.





Leisure, distractions, procrastination

Leisurely activities such as exercise, sport and holidays are good for your physical and emotional health. They are also important.

And so is completing your assessments and study program.

Many students who do not complete their studies spend too much time engaging in leisurely activities.

You should think of your post-secondary studies as a full-time work role if you are enrolled as a student on a full-time basis.

If you are engaging in too much leisure time and are failing too many assessments then you may need to reassess your schedule and time-management as a matter of urgency.



Employment commitments



If you are enrolled as a full-time student, you might find it difficult to complete your course within the time limit imposed if you are working full-time or if you are working casual shifts frequently, especially at times close to your exam preparation period and during your exam periods.

Working full-time and studying full time is an exhausting combination. You also require time for family, recreation and rest.

As a general rule, if you are working full-time, you should enrol in your program on a part-time basis. You should also apply for leave from your studies, if this option is available, in cases where the need is genuine.

Support is essential

Some students constantly feel alone. They may not succeed because they do not seek support from others or they are not supported by others whose role it is to support them.



Support is available

Who you approach for support depends on the nature of the help that you need ...

- Friends
- Library staff
- Private tutors
- Your physician
- Social workers
- Your supervisor
- Your partner and family
- Professional proofreaders
- Student representative body

Never hesitate to request help from those whose have a professional duty to support you.

Your emotional health and physical health



Sickness and misadventure may cause some students to miss the submission deadline for assessments or they may miss an exam. You should monitor your health on a regular basis and seek help from qualified healthcare workers where appropriate. Document illness with medical certificates in case you need to apply for an extension for an assessment.

You should eat well and get sufficient sleep at all times. Some students abuse stimulants such as caffeine and nicotine. This may have a long term detrimental effect on your health. You should drink water regularly and eat a balanced diet to maintain your strength.

Disability & Disadvantage

Some students struggle to pass their assessments and course because of a physical/emotional disability. Others may struggle because of a disadvantage that is recognised by university policy. For example, some universities offer additional assistance for indigenous students.

Seek help

Most universities offer support services to aid students with a disability and others who need help. These services include:

- A medical clinic
- Student counsellors
- Disability support services
- Student representative officers.

Students who are registered with Disability Support Services may be eligible for extra time to prepare assessments and exams. You should inquire as soon as possible to confirm your eligibility.

English as a Foreign Language

College admissions officers should confirm each student's language proficiency during the college admissions process.

However, some students struggle to pass their assessments and course because of language difficulties.

Challenges

Some students who speak English as a Foreign Language (EFL) struggle to succeed at post-secondary level, even though they meet minimum admission requirements for language such as a Pearson exam score.

There are numerous reasons why a student who speaks EFL may struggle. For example, an EFL student may be required to pass a general English language exam as a prerequisite for admission. They may struggle to succeed in an educational setting because they have not sufficiently developed their English for Academic Purposes skills.

English as a Foreign Language (Continued)

There are solutions available for EFL speakers. For example, if you find that lecturers are speaking too fast, you can refer to the recorded lecture and replay this as many times as required. You may also ask your tutor to repeat a comment in class if you did not hear them.

You may consult a bilingual dictionary and thesaurus to prepare assessments.

www.dictionary.com

www.thesaurus.com

Sources of help

- Private tutors
- The Writing Center
- Online resources, such as

Saint Louis University (2016),
Business Resources for EAP, ESL &
International Students: Home,
<http://libguides.slu.edu/ESLbusiness>



Private study space

Many college students find it difficult to complete their program as they cannot access a private study space. Some problems that might arise include:

- Distractions from noise
- Interruptions from others around you
- Losing work and resources from theft or other people misplacing your working materials
- Being unable to complete work sometimes as all campus computers are occupied by other students.

Solutions are available

Can your school provide a shared/dedicated work space?

Do you have 24/7 library access? Is quieter and easier to find a workstation on campus in the middle of the night?

Is it possible to hire a private studio work space? Can you share this resource and costs with other students?

Can your family loan you a spare room?

Choose the right discipline and course.

Do you feel misguided?

You need to choose a discipline major that matches your abilities and passions. For example, some students are strong in Arts courses but struggle with Sciences courses, and *vice versa*.

Most colleges employ course advisors that assist future students and current students.

If you are struggling to pass your course, you should consult a course advisor. It is usually possible to transfer into another course within your college if you request this in a timely manner, *i.e.*, before you are excluded from the college for poor progress.

Your course advisors should guide you if your program does not suit your aptitude.



Choose the right **environment**

These issues tend to be more relevant for graduate students, especially dissertation writers

Institution

Choose the right place

Many students have a strong preference to gain entry into a particular college and do not get their first or second choice. If your heart is not attached to your college, you might not be motivated to complete your studies. You need to feel a positive connection towards your host educational institution.

Department

Access to resources

Can your Department offer suitable resources to aid you to complete your program? For example, if you research nanotechnology, you must ensure that your laboratory has the right equipment to support you. Do you need essential financial support for travel and other essential expenses?

Collegiate

The right people

Do your teachers have the right qualifications, experience, interests and temperament to work alongside you? Is there a supportive collegiate environment? Do Faculty members encourage their students? Is morale high in the department?

Aid and funding

Some students do not complete their program as they run short of funds during their candidature.

You must ensure prior to your enrollment that you will have access to the the amount of funds needed to complete your study program.

These costs include tuition fees that you must pay from your own funds and living costs.

If you find yourself short of funds during your candidature you should consult with a professional who can refer you to a qualified financial advisor. Speaking with your student association is usually a good course of action. Also consider speaking to your institution's social workers.



Free Budget Tool

🔄 <https://www.youtube.com/watch?v=Efu4sNtcp3g>

You Tube

Free automatic budget plan tool for students, migrants, families and workers

 The Free School 34

<http://thefreeschool.education/finances.html>

ANNUAL PLAN

One unit of my local currency equals Un

MY BUDGET (AVERAGE) **Weekly**

Income

Income source 1 : type here

Income source 2 : type here

Income source 3 : type here

Income source 4 : type here

Total income **0**

Living expenses

Food

Utilities

Clothing

Health care

Local travel

Health insurance

Household expenses

Rent / mortgage

Toiletries and grooming items

Other item : type here

Contingency budget

Total living expenses **0**

Further reading (open access)

Bain, S. *et al.* (2011), The successful graduate student: a review of the factors for success, *Journal of academic and business ethics*, 3, 1–9.
<<http://www.aabri.com/manuscripts/10569.pdf>> Accessed 4 July 2016.

Cherif, A. (2014), Why do students fail? Faculty perspective, Higher Learning Commission Annual Conference, 10 April 2014, Chicago USA.

<<http://cop.hlcommission.org/2014/2014-collection.html>>. Accessed 17 December 2017.

Collegiate support

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	Undergraduate	Topics: 37 Posts: 77	October 11th, 2016 Posted by Viv 
	Graduate research	Topics: 20 Posts: 52	October 12th, 2016 Posted by Doctor Sally 