

# **ACCESS**

## **Study Skills Tip of the Week**

### **12 Myths About Studying in College**

- 1. Any time I am not in class is my free time.**
- 2. In high school I did not have to study much so I don't have to study in college.**
- 3. The professor is so boring that 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 to pass.**
- 6. I messed up so I don't want to face my instructor.**
- 7. I don't have to read the textbook; the instructor will tell us all we need to know.**
- 8. I don't need to improve my skills for learning or studying.**
- 9. I don't have to go to class, I will just get notes from a friend or on Blackboard.**
- 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.**

Student Success Center, University of Central Florida

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

For more information about this and other study strategies call;

**ACCESS A+ Program**

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