



# AVOIDING ACADEMIC ROADBLOCKS

- **DON'T PROCASTINATE**

- Don't wait until midterms to read the book.
- Don't pull all-nighters before an exam.
- Don't hand in your first draft.
- Don't take caffeine pills or other substances to keep you awake.

- **DON'T DOUBT YOUR ABILITY**

- Don't stress.
- Don't give up on the first try.
- Don't be too hard on yourself.
- Don't look at the answers in the back before attempting the problem.

- **DON'T JUST FOCUS ON GRADES, FOCUS ON KNOWLEDGE**

- Don't memorize; conceptualize.
- Don't work from the answers, work towards the answers.
- Don't look for formulas when problem solving, look for content.

- **DON'T EXPECT TUTORS TO DO THE WORK FOR YOU**

- Don't come to tutoring sessions without specific questions.
- Don't ask the tutor for help without trying the assignment first.
- Don't expect the tutor to know all the answers.
- Don't come to drop in hours late and expect the tutor to stay overtime.

- **DON'T BE AFRAID TO ASK QUESTIONS**

- Don't forget to ask your classmates for help.
- Don't hesitate to go to office hours.
- Don't be afraid to request a tutor.
- Don't spend too much time on a frustrating problem; ask for help.

- **DON'T FORGET THE PLTC**

- Department Tutors**

- Drop-In Tutors
- Assigned Tutors

- Academic Success Coaches (ASCs)**

- Study Skills Resources**