

# TEN STUDY TRAPS TO AVOID

<b>POOR TIME-MANAGEMENT SKILLS</b>	In college, it is critical to be able to manage your time efficiently.
<b>POOR CLASS ATTENDANCE</b>	Attending classes consistently is vital to success. Important information is discussed in class that may not be in your text or on the syllabus.
<b>FAILURE TO REVIEW THE COURSE SYLLABUS</b>	Your course syllabus is a clear tool outlining course content and the instructor's expectations.
<b>INEFFECTIVE NOTE-TAKING SKILLS</b>	Effective note-taking ensures that you are actively listening in class and serves as a method of review for exams.
<b>DISORGANIZATION</b>	It is easier to recall information if it is organized in a systematic way.
<b>PROCRASTINATING</b>	Students frequently procrastinate because they don't know where to begin. Putting off assignments will inevitably catch up with you.
<b>CRAMMING</b>	Pace yourself throughout the semester. It may be impossible to complete the reading or review at the last minute.
<b>OVER-RELIANCE ON OTHER STUDENTS</b>	Studying with other students can be helpful only if you are prepared to contribute to the session.
<b>RELYING ON THE INTERNET</b>	While it can be helpful, the internet does not always provide accurate information and should not be a substitute for class notes or textbooks.
<b>AVOIDING ASKING FOR HELP</b>	Learning how to study is a process. Be proactive and ask for help when necessary. There are many resources available on campus to support your efforts. If you would like assistance with study skills, consider working with a learning specialist at the Office of Academic Support.



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