

**What’s your excuse?**

Do you write assignments in your agenda? Do you ask your teacher if you don’t understand the assignment? Do you use post it notes to remind yourself?

**I just don’t have what I need – or understand what I am supposed to do**

**I don’t need to study.**

Why do you think that? What is your grade in this class?

**I’m too tired!**

Would I be this tired if I was able to do something else? How much sleep did I get last night?

**It’s boring!**

What do you hope to get out of it? Have you tried to relate it to your life?

How many times have you said that? What will you say tomorrow? Can it really wait?

**I’ll start tomorrow.**

**I just don’t have enough time.**

Is studying and learning really a priority? How many things do you do that really don’t have to be done right now and could wait until after you study?

How many different ways have you tried? How many times have you tried? Have you tried to get help?

**I cant!**

**I’m here and that’s enough.**

If you are not putting in any effort – should you really expect to make progress and increase your learning?