COMMON CONTRIBUTORS TO ACADEMIC DIFFICULTY

- Ineffective Study Strategies, such as Organization, Efficiency, Location
- Time Management
- Perfectionism, Obsessive Style, Try to Learn Everything
- Mental Health: Anxiety, Burnout, Depression, Grief, or Loss
- Social, Personal, and/or Academic Support
- Other:
- Relationships, Family, Finances, Outside Stressors
- Addictions, Habits
- Avoidance, Procrastination
- Insufficient Knowledge Base
- ADHD or Learning Challenges such as Dyslexia, Dysgraphia, etc.
- Life Balance: Sleep, Exercise, Nutrition
- Reading Speed, Vocabulary
- Addictions, Habits

Modified from framework created by Henry H. Lamberton, PsyD and Loretta B. Johns, PhD
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