**Case 1. Academic Woes (Struggling Academically)**

In high school, John was able to get decent grades without cracking a book. His study method was to do as little studying as possible and then cram just enough to slide by on the exam. He would complete his homework assignments, but he did not put much of an effort into them. Although he usually got a B- or better in his classes, he didn’t really learn much. When he got to college, he expected more of the same.

Before midterms, John fell back into his old pat-tern of doing the bare minimum in terms of home-work. With his newfound freedom, he liked the idea of skipping the occasional class. He focused more on his social life and did not put much of a priority on academics. John found a great group of friends and spent most of his time at the gym or playing video games. He loved living on campus and being a college student.

John would often tease his friends who spent more time studying. John tried to keep up on the reading for each of his classes, but often fell asleep when he sat down and cracked a book. Since he was not living at home any more, his Mom was not there to force him to study. After a month, he was doing very little reading for any of his classes. Unless he had to turn in his homework assignments, he did not bother with them.

When John began to study for midterms, he start-ed to panic. He knew there was no way he could learn everything he needed to know in the few days he had to study. Since he didn’t remember much of what he learned during high school, he felt like he was behind the rest of his classmates. As he expected, he did very poorly on most of his midterms.

After getting his grades back, John stops by to talk with you. After a little bit of small talk, John tells you that he is panicking because of his grades. He is scared that his parents will pull him out of school if his grades don’t improve. He feels like a jerk for wast-ing the first half of the quarter and is now feeling completely overwhelmed. He worries that he will not be able to catch up with his coursework and doesn’t know where to begin.

**Discussion Question**:

What are warning signs that students may not be putting enough effort into their academics?