

Carlton H. Oler, Ph.D., HSP, MAC, CAODC-A, BCPCC, Licensed Psychologist (PSY 20356)
Gavilan College

My classes can be best described as academic boot camp and I'm here to prepare you for battle with yourself—if you're not ready to fight you to become a better you, don't enlist! I'm your drill sergeant! Therefore, I say and do what's necessary to prepare you for the next educational level (i.e., Bachelor's degree) as well as life (a bonus I hope you appreciate). This means that much reading, writing, commitment, and challenging of your thinking about yourself, other people, relationships, and life in general will be required of you. Below is a list of statements to reflect on to gauge your readiness for this class.

1. This class will be much harder than it has to be if you don't take school seriously.
2. This class will be much harder than it has to be if you're not willing to work hard.
3. This class will be much harder than it has to be if you don't attend class each time, on time, and the full time.
4. This class will be very much harder than it has to be if you don't follow instructions.
5. This class will be very much harder than it has to be if you're undisciplined and disorganized.
6. This class will be very much harder than it has to be if you're a procrastinator.
7. This class will be much harder than it has to be if you're addicted to a relationship, hanging out, alcohol or other drugs, computer/Internet, playing video games, Facebook, Twitter, YouTube, your cell-phone, texting, Instagram, Snap Chat, pornography, binge-watching TV programs, sleeping, etc.
8. This class will be much harder than it has to be if you're juggling too many things (e.g., job, family, partner, friends, other classes), and this demanding course. You'll be overwhelmed by this class, and either drop it, be dropped, or end up with a grade you'll be dissatisfied with.

I really do want you to take this class because I believe you'll enjoy it very much and learn things that will benefit you for the rest of your life, but if any of the above is true for you and you're unwilling to work towards overcoming them, you might want to reconsider taking this class. However, if you want to ALS (actually learn something) and earn a grade you can be satisfied with, follow these steps:

- 1. Be self-disciplined***
- 2. Come to class**
- 3. Follow instructions**
- 4. Don't procrastinate**
- 5. Complete every assignment**

*Do what you've got to do whether you feel like it or not because it needs to be done.

CHARACTERISTICS OF STUDENTS WHO TEND TO NOT ENJOY THEIR CLASSES AND TO EARN GRADES BELOW THEIR POTENTIAL

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1. Don't realize that college is a full-time job/commitment, and so don't take their classes seriously.
2. Avoid or minimize taking responsibility for their learning.
3. Disorganized and undisciplined.
4. Procrastinate on assignments and studying for exams.
5. Poor class attendance.
6. Expect college to be easier than it actually is—thinking that college is like high school.
7. Expect instructor “mercy or grace” to make up for their poor academic effort.
8. Don't take full advantage of the opportunities given to maximize learning and points possible.
9. In college for the wrong reasons.
10. Too many other things going on in their life.
11. Not really motivated to be in college and take care of business.
12. Lazy—**not** my word choice, but what so many students have said to me about why many students get poor grades.