



Blocks to Learning

BLOCKING

- Low frustration tolerance
- Immobilization and hopelessness
- Freezing-up
- "It's beyond me."
- "I'm stuck; I'll never get it."

PASSIVITY

- Non-involvement and inattention
- Boredom with school
- Little discussion and few questions

OVER ENTHUSIASM

- High expectations and demands of self
- Talk of limited time and long range

CONFUSION

- Bafflement, disorientation and disorganization
- Helpless feeling about the class
- "I don't know what to do"
- "I don't know what the Prof. wants."
- "I studied for the test and got a 'D.'"