



Developing Discipline for Class Attendance

University Survival Series

Every college student has heard people tell them why it's so important to go to class, but students often rationalize excuses for not attending, such as: *"I had a headache; my alarm didn't go off; I have to go home."*

Contrary to popular belief about university, almost all teachers take attendance for their classes. Most teachers will give you a limited number of absences to accommodate legitimate excuses (i.e. school related activities, sickness, etc.). Once you have used up your limit on your excuses, you will lose points for attendance no matter what your reason was for missing. Often poor attendance can affect your grade by at least one letter grade. Some professors will automatically fail you if you miss a certain number of classes.

Here are some tips for developing discipline for class attendance:

- ◇ Keep all the class syllabi and read the attendance policy of each course carefully;
- ◇ Don't make any excuses to skip classes;
- ◇ If you really need to, ask permission of leave of absence from your professors in advance, and communicate with professors if there are make-up sessions.

Adapted from: <https://www.universitiesurvival.com/student-topics/using-the-one-up-rule-to-develop-discipline-2/>



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