Students were asked how often each of these personal factors were obstacles to their schoolwork or academic success.

This chart shows the percentage who chose the options "Somewhat Often," "Often," or "Very Often" for the various personal obstacles to academic success at Michigan. Total responses ~821.

- **Poor study behaviors (e.g., wait till last minute, easily distracted, too much social time, too much web surfing)**
  - 41% Often
  - 41% Very Often

- **Feeling depressed, stressed, or upset**
  - 41% Often
  - 41% Very Often

- **Other competing responsibilities (e.g., athletics, clubs, internship)**
  - 30% Often
  - 30% Very Often

- **Competing job responsibilities (e.g., paid employment)**
  - 22% Often
  - 28% Very Often

- **Poor study environment (e.g., noisy roommate, poor Internet access, inadequate computer or software)**
  - 29% Often
  - 30% Very Often

- **I am reluctant to ask for help when I need it**
  - 29% Often
  - 29% Very Often

- **Competing family responsibilities**
  - 19% Often
  - 18% Very Often

- **Inadequate study skills (e.g., knowing how to start, organizing material)**
  - 18% Often
  - 17% Very Often

Source: 2014 UMAY Survey