Female student: My first few weeks here at Iowa, I didn't really know anybody, and I missed my friends back home, so I got kind of depressed, and I had trouble focusing on my coursework. I mean, I made friends eventually, but by then I was so far behind I couldn't catch up.

[pause]

Male student: Last semester was the first time I was really on my own, so it was easy to sleep in instead of going to class. Especially the large lecture that met at eight thirty in the morning. I didn't think it would matter if I missed it once in a while, but I guess I got into the habit of skipping.

[pause]

Female student: Last semester started out really well. I liked my classes and was keeping up. Then I started feeling tired all the time for no reason. I didn't feel like studying or going to class. Turns out I had mono. And it was too hard to catch up when I felt terrible all the time.

[pause]

Male student: Last semester, my girlfriend broke up with me. I couldn't stop thinking about it. I didn't even see it coming. I mean, we had been together for three years. I should have seen a counselor. But instead, I kind of let everything go for a while, including my schoolwork.

[pause]

Female student: I never really had to study in high school. I could review my notes the night before a test and get an A or B. I didn't think it would be any different here at Iowa, so I studied hard the day and night before my first test, and I thought I would do just fine. I'm not an F student, but I ended up with an F in that class.