



SOURCES

[illegible]

BY JOHN AGABA, 26 APRIL 2012

 Comment
 Recommend
 0

In the lecture room no one is going to reprimand you for not writing notes, not revising or not handing in your coursework. It is a free world where your life is in your hands; you are expected to make your personal decisions because you know what is best for you.

In other words, you are regarded as a mature person, who knows what best suits you; and here comes the dilemma; for a person who has been used to being chased around and guided on how to do things, university life can be tempting. That is where many of our star A' level performers fall, head first.

Julius Matsiko, a lecturer of psychology at Makerere University, says many times students who have attained good grades at high school find university life too liberal and end up getting mixed up partying and living a good life.

Masiko explains that the students forget the core reason they are here - reading their books.

At university, it is mainly about self-regulation. If you are not disciplined and self-motivated, then you are bound to lose it, even if you came in with super grades.

Joseph Musalo, a counseling psychologist at Uganda Christian University Mukono, says university can be tricky if the student lacks self-drive.

At university, he adds, you will find lots of distractions you and how you handle them determines the class of degree you walk out with.

"There are girls, boys, alcohol, nightclubs, and friends. All these require time. If a student goes to university and every Tuesday he is at a nightclub, every Thursday at a night club; when not at a night club, he is with a girlfriend, where will he get the time to read? He will definitely fail however clever he or she is," Musaalo advises.

How do you go about university life to strike a balance?

Musalo says you need to understand who you are and what you want and set your priorities right.

"If you know you want a good degree you have to read. You have to attend lectures and consult your lecturers," he says.

Matsiko says at university everyone treats you like a responsible person and you should behave maturely where by you are self-driven and have a sound judgment of what is right and what is wrong, you can maintain being that A student.

Eventually, you can turn your average scores into a good degree, even into a first class.

Ads by Google

[Undergraduate Programs](#) Academic Excelence paired with the Freedom to earn your degree online.

[www.aiu.edu](#)

[2012 Africa Scholarships](#) Free College Scholarship to Student From Africa, Kenya, Nigeria, Ghana

[Scholarship-Positions.com/Africa](#)

[Termination Gateways](#) GSM Termination Business with %50 Off price and Traffic warranty

[www.gtechgw.com](#)

Tagged: [East Africa](#) • [Education](#) • [Uganda](#)

Copyright © 2012 New Vision. All rights reserved. Distributed by AllAfrica Global Media ([allAfrica.com](#)). To contact the copyright holder directly for corrections — or for permission to republish or make other authorized use of this material, [click here](#).

AllAfrica aggregates and indexes content from over [130 African news organizations](#), plus more than [200 other sources](#), who are responsible for their own reporting and views. Articles and commentaries that identify allAfrica.com as the publisher are [produced or commissioned by AllAfrica](#).



AllAfrica is a voice of, by and about Africa - aggregating, producing and distributing 2000 news and information items daily from over 130 African news organizations and our own reporters to an African and global public. We operate from Cape Town, Dakar, Lagos, Monrovia, Nairobi and Washington DC.

[SUBSCRIBE TO ALLAFRICA VIA RSS](#)

© 2012 AllAfrica // [Privacy](#) // [Contact](#)

AllAfrica - All the Time