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STUDENT SUCCESS SECRETS

by Eric Jensen
President, Learning Dynamics, Inc.

Illustrations by
Charles McPherson

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Educational Series, Inc.

Woodbury, New York • London • Toronto • Sydney

“There are no limitations to the self. There are no limitations to its potential. You can adopt artificial limitations through ignorance.”

Jane Roberts

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PREFACE

This book had its beginnings several years ago. I realized that there are many study guides available to students, but none have become a classic. I believe previous “how to study” books presented information but did not give the tools and motivation necessary to implement the information.

This book is different. It will provide you with much more than just information. This book will provide you with simple, effective, and dynamic tools to become a superior student. It will motivate you to use those tools each and every day, as you must do to succeed.

I began this book by compiling data from years of teaching in a highly progressive private school. I used the techniques included in this book with over 3,000 students. I inspired them to dramatic heights in the achievement of learning skills. In addition, I have researched countless books in order to simplify the path to becoming a successful student.

This book is based on my research and experience. It conveys the enthusiasm and attitude which has been proven successful time and again. This book has everything you need to become a successful student. I have enjoyed writing it and I know you will enjoy reading it. Because you chose to read this book, I know you are ready for the success you deserve. Congratulations and happy reading!

INTRODUCTION

Everybody likes to be successful. Yet, success is not getting A's in school, being popular, getting a scholarship, or making money. Success is a gut-level feeling of confidence and achievement. It is a powerful state of mind wherein the world is yours for the asking. It is a joyous world of unlimited opportunity and choices.

The unhappiest person is the person without choices. To acquire more choices, you need assets. The personal assets you have increase your opportunities and choices in life. Education can be a definite asset, whether formal or informal. It can open up many doors that were previously closed, so get the best education you can. Even if you don't use the academic information, you may use the contacts you make in school later on in life.

This means that you should go to the best school you can afford. It may help you get a better education and have an opportunity to associate with more successful students and staff. In addition, your school's reputation will carry with you for years.

Once you have chosen your place of education, do the very best you can. Success is an important habit to establish because good habits formed in school will be with you all your life. The whole purpose of this book is to help give you the tools to form those success habits. I applaud your decision to read and use this book. A better tool could not have been chosen!

DAILY SCROLL

Today, this new day, I am a successful student. Overnight my mind and body have produced thousands of new cells to give me the greatest advantages possible. I am born anew, revitalized and full of energy.

I am rare and valuable; unique in all the universe. I am nature's greatest miracle in action. I have unlimited potential. I believe in my abilities, attitudes, and goals. I am worthy of greatness because I am the most important person in my world.

Today I push myself to my limits. I use the skills and knowledge from this book every day. I begin the day with a success and end it with a success. My goals are being reached every day and I seek them eagerly.

I act positively and happily, fully accepting myself and others. I live to the fullest by experiencing life without limits. I embrace life. I approach each class, each book, and each assignment with enthusiasm, happiness, and joy. I thirst for knowledge. I look forward to reading and believing this scroll each and every day.

I am a positive and successful student. I know each step I must take to continue to be that way. I am clear on my goals and see myself reaching them. I now realize my infinite potential, thus, my burden lightens. I smile and laugh. I have become the greatest student in the world.

ACKNOWLEDGMENTS

With the assault of the information explosion, it becomes more and more difficult to stay current in one's field. It becomes a necessity to utilize the background, research, and support of others in writing a book. Although it would be nice to be able to say I created an entirely original book, the truth is that many were involved.

My first thoughts turn to those generous and steadfast associates and friends who gave me the encouragement and support I needed. I am grateful to: Robert Armstrong; Dr. James and Edna Ehleringer; Megan Fraenkel; Mark Huffman; John Koon; Michael and Zaida McDonald; Susie McDowell; Lee, Lisa, Peg and Dr. Norm Pliscou; Dr. Paul Saltman; John Sargent; and Kasey Thornton. I owe a special debt of gratitude to my loving and magnificent father, Dr. Robert Jensen. He has always been an inspiration and model for me.

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LACK OF MOTIVATION:

The #1 Problem

“There is no such thing as a problem without a gift. We seek problems because we need their gifts.”

Richard Bach

Over and over again the most common problem mentioned by students is lack of motivation. “I can’t seem to get motivated,” is a common excuse for almost any school related problem. This chapter explores the reasons for lack of motivation and failure. Then it is followed with twelve ways to motivate yourself to excellence. Once you have understood and completed this chapter, you have taken the first and biggest step toward becoming the success you were meant to be. Read it, and see what reasons have kept you from being a total success.

ELEVEN REASONS FOR FAILURE IN SCHOOL

I. Lack of a Definite Goal.

Why are you in school? Is it to become a doctor, lawyer, or engineer? Is it to increase your awareness of current events, real estate, or human nature? Whatever the reason you go to school, you still need a specific goal to strive for. If someone asked you to get into your car and start driving, you’d first say “where to?” There’s not much point in getting into your car unless you’ve got a goal in mind. Your goal

may be to go to the store, library, or beach, but you need to know *where* before you start your engine. Students who lack a definite goal will find their incentive for excellence is weak, and their paths will often stray from the road to success.

2. Laziness.

Often a product of many other factors, laziness is a habit which can cut short even the most promising career. Laziness often stems from negative surroundings such as critical friends or relatives, and a lack of definite goals. Laziness, the opposite of decision and action, is the enemy every successful person must conquer. Successful students use their capacity to reach prompt and definite decisions, and are slow to change their minds. The failures ponder simple decisions endlessly and even then, change their mind often. Laziness is really the unwillingness to make a decision and the commitment to follow through with it. For until you have made a strong decision on exactly what your goals are, and committed yourself to achieving them, you can expect failure. Many students have made a strong decision on what they want. But the commitment to those goals is as important as establishing them. It's not enough to say "I want an A in that class." You'll need to say, "I want an A in that class and will get one. I will study ten hours a week if that's what it takes." Therefore, your first decision must be to conquer laziness.

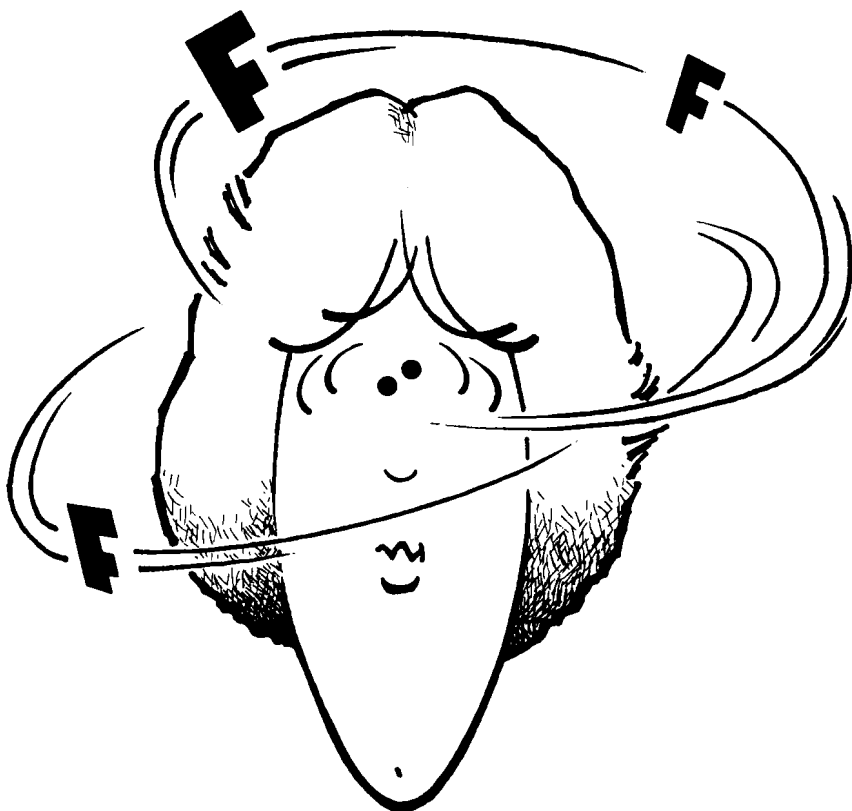
3. Poor Relationships.

Analyze your current relationships with loved ones, family, and friends. Are they positive, encouraging, productive, and helpful? Or are they negative, discouraging, and counter-productive? If you constantly fight with or worry about your mate, you're using up valuable time and energy. How about your mother or father? Are they putting unnecessary pressure upon you to perform in school? You don't need that. Either set them straight that it is *your* life and *your* choices, or learn to cope better with their parenting role. How about your friends? Are they a joy to be with, positive about their lives, and undemanding of your time? If they are not, you need to make some changes. Poor relationships can ruin even the best student.

4. Poor Study Habits.

Each year over one million students drop out of school. In college, only one of three freshmen will graduate. One of the reasons most often mentioned is "I can't keep up." Don't fall into the same trap. If your study skills are weak, improve them! There are many ways that you can go about it! Don't write off a career because you can't read or study well. The sad truth is that few schools teach study skills effectively. Some of the most valuable skills such as speed reading, concentration,

DON'T OVERWORRY!



**“when you worry
excessively you can
become paralyzed by an
upcoming event or
obsessed by a current
problem.”**

comprehension, memorizing, note-taking, and analysis are neglected. But they are available from private sources such as tutoring and study groups, and of course, in this book. Learn them, and more importantly, *use* them.

5. Excessive Worry.

Many students waste hours and even days fretting and worrying over their school work or personal life. This expends energy that is necessary for other areas. The proper feeling should be concern: a normal, healthy, and necessary caring for what you do. When you worry excessively you can become paralyzed by an upcoming event or obsessed by a current problem. If you can do something about a problem, go do it. If you can't forget it easily, use the method described in the next chapter. It works!

6. Negative Personality Traits.

Of all the years of one's life, those of greatest change are from ages eighteen to twenty-five, the "student" years. As rapid emotional, physical, and social growth takes place, we must make adjustments in our self-image and life style. Those who are unable or unwilling to make the adjustments, unable to "flow with"