How To Study Happier

What Smart Students Do - That Most Students Don't

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101 Strategies To Improve Your Grades Without Studying More
How To Kick-Ass In Class
Make This The Best Semester Of Your Life

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Introduction

Getting good grades is easy when you do it right.

When you do it wrong, getting good grades can be impossible.

This is something that very few students get the pleasure of appreciating.

Most of the world is stuck with the old cliches of studying that are being disproved empirically daily. They tell you to work harder. They tell you to give up the things you enjoy. They tell you to sacrifice your life to studying and perhaps someday studying will reward you.

I only care about proven strategies.

I learned the power of these strategies myself. I went from being a barely passing student to being a near 4.0 double course-load college graduate. I didn't do this because I'm super intelligent. I did this because I learned a few simple strategies.

I went from shovelling a hole to using a backhoe. The tools I had made the difference.

These are the strategies that have improved my own life in just about every way imaginable. Once you get control of this aspect of your life, it's funny how everything falls into place in the other areas.

And… now that I'm out of school I'm learning: these same strategies can be used to do well in life.

You can get good grades.

You can enjoy the process.

You just need to make the decision.

In this report, I'm going to share with you the strategies I used to bring my grades up to the next level. Then I'm going to tell you exactly what you need to do to create the same results for yourself.

Let’s get started:

1. Happy Students Score Higher

Most of what you learn is a happy or unhappy coincidence.

What most students are taught about school and studying is one of those unhappy coincidences.

Imagine a student with good grades. If you’re like most students then you probably see a student that:
- is hardworking
- is polite
- spends nights studying
- is kind of boring
- isn’t cool

You might even see the old “nerd” cliche of a small kid in glasses wearing a dress shirt with a pocket protector.

Did you see something like that?

If you didn’t then it’s probably because you’re already in the Smart Student Secrets world (even if you’re kind of new around here.)

By the end of this report, I hope you can see the reality a little more clearly despite your years of being taught wrong.

Here is what you probably should have pictured…

High Scoring Students Are Happy Students

You may naturally picture some slightly out-of-the-loop nerd as your high scoring student but that’s more of the exception than the rule.

In our own surveys, the results were clear:

The highest scoring students on our blog are the happiest students.

Don't take our word on this stuff though.

In 2006, Gilman and Huebner did a study on students from grade school all the way up to high school and found a correlation between scoring a high GPA and happiness. This isn't even the first study suggesting this. Back in 2002, a Verkuyten and Thisj study showed a similar correlation.

https://www.gse.harvard.edu/news/uk/15/03/because-i%E2%80%99m-happy

http://c.ymcdn.com/sites/www.co-case.org/resource/resmgr/imported/WP_Happiness%20and%20Academic%20Achievement.pdf

Jessica was a high school student in Nevada. She told her story to Smart Student Secrets and emphasized this point:

"I always thought that scoring high would mean I'd have to give up on being happy. I would get back a paper and be disappointed but I'd console myself by saying that life would suck if I got good grades because it would be so difficult. I would have to suffer for those grades."

This is the story that most students tell themselves.

Whenever they think about improving their grades, they feel this gut level discomfort because they believe getting good grades requires sacrificing happiness.

This gut reaction is reinforced every time you procrastinate studying to do something fun instead.

For example, you may be playing a game and think, "I really should study." But naturally, you don't just get up to study. Playing the game gives you a bit of an excitement boost. Sacrificing that excitement can make you feel less happy.

Here is the thing that most high scoring students understand:

A good study session can feel good.

Sure… it may not be a blockbuster, break down the door, in-your-face, kick your ass kind of fun

but it feels good.

You may not understand that quite yet. That's okay. It's kind of like trying a new food. You might need to taste it a couple times to acquire the taste for it.

Here is how Jessica described it:

"I was a month or two into the new routine and it clicked. I was about to study and I was excited. I wanted to do it. I didn't even know why exactly. I was just getting this rush from the idea. That's when I knew I'd never struggle to keep up in class again. I no longer just did it. I enjoyed it."

Is The Dog Chasing The Tail Or Is The Tail Chasing The Dog?

The particularly astute readers might look at the studies proving that grades and happiness are correlated and ask the question:

"Are happy students more likely to score high? Or are high scoring students more likely to be happy?"

So… do you have to get happy before you score high or do you have to score high before you get happy?

That's a reasonable thing to consider but don't let your intellectual curiosity distract you from the reality.

The reality is: it doesn't matter.

In the end, you can be happier and improve your grades. They go together.

As long as you believe you can improve your grades, this is completely irrelevant. And the reality is, if you don't believe you can improve your grades (and aren't already scoring perfect) then you really shouldn't be wasting your time reading this.

If you're reading this, I'm willing to bet you see how it's possible.

You will improve your grades. And you will enjoy the process.

How could it possibly get better than that?

2. The Choice Of Happiness

https://www.tandfonline.com/doi/abs/10.1080/10400410701842029?journalCode=hcrj20

What is it that gets you feeling happy?

Is it completely random?

Or is it something that other people give you?

Or maybe it's something you earn?

Everyone has a different way to think about this but the happiest people tend to think about it in one particular way.

Happiness isn't something anyone can give you. It's certainly not random. Ultimately, happiness is a choice. This is something that science has been making more and more clear every year.

Studies have shown just listening to happy music while you try to be happier boosts your mood.

Yes… just trying. You just think happy thoughts and your mood will change.

http://www.alphagalileo.org/ViewItem.aspx?ItemId=134259&CultureCode=en

https://www.psychologytoday.com/us/blog/isnt-what-i-expected/201208/try-some-smile-therapy

Just putting a smile on your face can increase serotonin. (Serotonin is known as a happy hormone. It's a way scientists can actually measure the degree of happiness.) Some studies have suggested artificially putting your face into a smile can create the exact same effect.

If you can physically lift the corners of your lips then you can feel more happy.

It goes farther than that though.

The way you stand, the way you walk, the way you think, and even the way you breath can improve your mood or damage it.

If you don't think about these things then you could be unintentionally killing your good mood.

And this certainly isn't your fault!

It's what most of us have been trained to do since we were children.

Have you ever been in a room full of happy people?

They'll be laughing. They'll be talking over each other. They'll be having multiple conversations. They'll be walking around and moving from spot to spot. And they're certainly not focused on any specific academic goals.

Imagine trying to run a classroom in that environment! Instead we're told: Sit down. Stay quiet. No telling jokes.

Happiness just requires you take control of your body back.

Sitting still may be good for a classroom but it's not ideal for the student.

Happiness Gets You There Faster

"But if I'm happy then I won't be motivated to do anything!?"

Ever think that?

That's the kind of thinking that I genuinely believed for years. It made perfect sense at the time but looking back, I'm amazed how wrong I actually was.

Happiness doesn't distract you from your goals. It focuses you on them. More importantly, it gives you an unlimited tank of gas to get you to them.

I get readers telling me stories about this all the time:

"For years I told myself the same miserable story: I'll work hard now so I can get good grades. Then when I get good grades, I'll be happy.

But it's kind of crazy because it didn't work like that at all…

Literally years I was working hard. It helped… a little… but it never helped enough to get my grades to the level I wanted them to be.

Then I learned about the 15MSS and I thought there was no way it would work. I read about it and it sounded reasonable but it was so different from everything I'd been doing. It took me months to try it then I just got so sick of the same old that I tried it.

And… life got better. It was almost instantaneous. Sure… it was weird studying less but past that, I had way more time to have fun.

When I started I thought, I'll be happy if I can keep my grades at the level they are.

Then a month later I was already averaging a grade letter higher in my worst classes.

I am so thankful I figured this out before I wasted another school year."

-Caleb D.
Utah, US

Happiness gets you better grades faster because it eliminates the biggest handicap you have when it comes to studying:

STRESS!

Stress shuts down your memory. When your memory is shut down, you might as well not open the textbook because you're not studying.

Release the tension. It's the only way you can keep your internals running smooth.

You can be happy.

You have the power to make it happen.

Sure… you have challenges in your life but they're just that: challenges.

Challenges may slow you down but they make it feel even better when you overcome them.

Great happiness often comes after great adversity.

How do I know you can be happy?

Because you're reading this.

You set a goal. And you've taken a step to achieve it.

I'm willing to bet this isn't the first attempt you've made to achieve it either.

That's all you need to be happy.

1. Try stuff.
2. See what happens. And if that stuff doesn't do it.
3. Try something else.

It's that simple.

It may not always be easy but that's what I'm here to guide you through step by step.

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