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.

3. The Best Students Don't Study The Most

Does studying more improve your grades? Yes. Probably. Most of the time. But that's an oversimplification.

Most problems with studying can't be solved by just studying more.

Sure… sometimes it can hide the problem for a little while but it rarely solves the problem.

Annabelle Caught Back Up Studying More But Then...

Annabelle is the perfect case study for making this point.

Annabelle told me how she had amazing scores all through grade school into freshman year of

high school. In junior year, she watched her grades drop from A's to B's. Naturally, she was disappointed.

Worse, her parents lectured her about it. (Which I think is a little unfair because B is still a solid grade.) The lecture hit her hard and she decided she needed a real study routine.

From that point forward, she dedicated herself to studying an hour a day. And she did. ("for the most part," she said.)

And her grades went back up to A's.

Later in Junior year, she had a problem though.

Her grades started to fall again.

She did what most "good" students do in that situation. She got a little upset and increased her study time to an hour and a half daily. And it helped again. Her grades went right back up to A's.

But then came senior year… and she did the same thing.

Let's fast forward to where I heard this story.

She was a Sophomore in college. She was studying more than 2 hours every single day. And this time when her grades dropped, studying longer failed to help her grades.

She studied longer but it didn't help her keep up. She knew she couldn't spend all day studying. And she certainly knew she was studying longer than most of her successful friends.

She told me, "I feel stupid." She wasn't stupid. In fact, she seemed super intelligent.

Something had to change.

I told her an analogy to describe the situation:

Let's say we poke a tiny hole in a paper cup. Then we put it under a faucet.

Now we can turn the knob to fill that cup with water.

The cup will slowly fill as long as the hole removes water slower than the faucet fills it.

Over time though, the edges of that hole will get bigger. That means, you'll need to add more water to keep the cup full.

In the short term, it's easy just to add water pressure to fill the cup but eventually, the bottom of that cup will be useless and it's better just to get a new cup (and preferably not have a hole in it.)

That's what most students fail to do with their study problems.

They turn up the study faucet but never replace the cup.

They give more of themselves and their time to studying because the holes in their study routine just keep getting bigger and bigger. This is turning the faucet up. The faucet will eventually max out.

The study routine is no longer working but they keep trying to increase the pressure.

"If I work longer..."

"If I work harder..."

"If I focus better..."

There is a place for that kind of thinking. When your study routine is crap, this thinking is super counter productive.

What Helped Annabelle's Grades?

She found an effective study routine.

She didn't just keep adding to her current problem by using her same routine for more time.

In fact, for a while, she virtually completely eliminated her studying intentionally. (She read about the 15MSS we discuss on the blog SmartStudentSecrets.com and she went BIG!)

Once you cut your study routine to a few minutes a day, you quickly learn what works (and what doesn't.) She learned that reading her textbook was virtually completely useless. She changed

her routine to a heavy active recall routine with in class note taking to help her focus. (We will go over more details later.)

Oddly enough, her grades didn't drop by the end of the quarter. By the end of the year, her grades were back up to A's.

What really made that amazing: she was studying less than 30 minutes a day and loving every second of it.

Study Time And Grades By The Charts

You don't improve your grade linearly with studying.

During the first 15 minutes of studying, you learn more than the next 15 minutes of studying. The longer you study, the less you're going to be learning. This is well documented through experimentation.

This is the basic premise behind the popular Pomodoro study strategy. It suggests you should study hard 20 minutes and then take a nice healthy break. Then you (ideally) get multiple more powerful study sessions.

This shouldn't be a big surprise to anyone that's studied regularly.

After a while of studying hard, you're going to feel tired. It's just like you were sprinting. After a while of sprinting, your body is going to slow down. If you take a break then you can recover from that.

The longer you spend studying, the less you're going to improve your grades.

(This is also related to the Perfect Test Score Problem that I discuss more thoroughly on the blog. In short, the Perfect Test Score Problem is: the more you get right, the fewer chances you have to improve your score. Answering 1 in 10 questions right is easier than answering 1 out of 1. That makes turning a 99 into a 100 harder than making a 90 into a 91.)

I eventually confirmed this with some data suggesting a relationship between study time and GPA's of Smart Student Secret readers.

The longer a student studies daily, the higher their grades are BUT (and this is a BIG but,) the longer a student studies daily, the less effective each minute of studying becomes.

At the time, I considered this the most solid way to think about study time and grades.

Then one day a student told me all about his “highly effective” study all-night cram session strategy. He didn’t study daily. He just studied once in a while for a very long time.

I did most of my surveys collecting this data based on a daily study routine. That’s why it hit me like a ton of bricks when I realized how big a factor my process was overlooking.

That student isn’t unusual. In fact, a daily study routine is kind of weird for most students. (Even though it’s probably the most effective way to do it.)

Most students study in big chunks of time randomly whenever they need to. When those students get surveyed about their daily study time, what do they say?

Do they average out their monthly study routine?

My experience suggests a clear no.

They just say they don’t study daily.

What If I Asked Them How Long They Studied For Their Last Test?

Changing the question changes the data in an interesting way.

Specifically, I asked the students to compare their last tests study time to their usual tests study time.

When a student studied less than they usually did, they could improve their scores by studying longer.

Past their usual study time, this effect stopped. Not only that, but it appeared to hurt the student’s grade slightly.

Could studying longer hurt a student's grade (even if it is just a little?)

I don't know. I'm not going to pretend my data is solid and this could be disproven tomorrow but my experience suggests it won't be. Here is why:

Student's Study Longer Because They Need To Study Longer

Most student's don't cram as part of their well-planned out study routine.

They cram as a last minute attempt to relieve themselves of the guilt of slacking off for the weeks preceding the test.

They procrastinate their way into "having no choice" but to cram.

Then they spend 12 hours studying all-night hoping that they can pull off a reasonable score.

Ever experience that? I have… it has never been worth it. Maybe you've had better luck.

Here is the thing:

If you study less than 2 hours a week but split it up into a short daily study routine, your grades are going to crush the average all-night studier. More importantly, your life is going to suck a whole lot less.

The biggest time wasters when it comes to studying, aren't the students studying a half-hour a day.

The one's wasting their time are the one's giving up a full night of sleep in a last minute desperate squeeze for any points they can still get.

The average crammer spends more time studying than the average habitual studier. They just do it in one miserably ineffective session. (And then they hope they're awake enough to not bomb the test.)

(If you're a crammer, I get it. The world pushes you into that trap. You're taught to want to save face. I know the feeling. The first step to solving it is acknowledging it.)

You don’t need to study long to score high.

4. Happiness Is Not A Fuel To Burn

Would winning the lottery make you happier?

You know… getting to buy all that awesome stuff you want. You can get a fancy car. You can impress all your friends with the coolest clothes. You might even be able to hire a caddie to carry around all your textbooks. You know… you could have all the good stuff, right?

Would that make you happier?

There is a concept in sociology that suggests it wouldn't make you happier (in the long run at least.) It's called the hedonic treadmill.

The hedonic treadmill is a way of thinking about the psychology of human happiness.

Human happiness is like a treadmill. If you run on a treadmill, you need to run at the speed the treadmill is moving. You can speed up for a second but you'll quickly hit the front of the treadmill and slow down. You can slow down for a second but you'll have to speed up (if you don't want to fall off.) The treadmill keeps your pace.

With human happiness, many psychologist believe humans have a set point of happiness that's kind of like your speed setting on a treadmill.

You can feel happier in the short term but eventually you're going to fall back into your natural pace.

Psychologist believe this based on a number of studies on lottery winners and paraplegics.

In the short term, lottery winners get a boost in happiness but within a few years, they're just as happy as they were before.

In the short term, paraplegics suffer from a loss of happiness but, again, within a few years, they're just as happy as they were before.

This is the hedonic treadmill that people seem to get stuck on.

I have some doubts about certain aspects of this theory but it's a good working model for you to

consider.

In the short term, making changes to your study routine could make you less happy or more happy but overall, these are tiny life changes. Within a few days of making these changes, you're probably going to fall back on your base levels of happiness.

Remember that while you make any of these changes. If it improves your grades measurably but makes you feel guilty because you're "under-studying" then that guilt will go away. That's super common for the hardest working students.

*Later, I'll go over how you can improve that base level of happiness but getting this next point is super important.

Happiness Is An Independent Variable

Can you imagine waking up every single day excited to get up and live your life? No more "uggghhh do I have to…"

Can you imagine smiling throughout the day without thinking about it? Your friends will love you because you're so darn cheerful.

Can you imagine wanting to go to class because you actually enjoy it? This is possible.

I've seen students reach these levels of happiness.

There are plenty of happy and low-scoring students out there but they're not low-scoring because they're happy. I know this because I've seen these students transform their grades.

Happiness is optional. And if happiness is optional, why wouldn't you enjoy the pleasures of it?

The Stanford Marshmallow Experiment

Many people (maybe even someone close to you and sitting in your chair) are taught to believe happiness is something you give up for things you want in life.

This idea comes from the classic Marshmallow Test that researchers have been testing for

decades now but this interpretation is a BIG misinterpretation.

The Stanford Marshmallow Experiment was done in the late 60's and early 70's. An experimenter plopped a marshmallow (or another reward,) on a plate and told a waiting child they could have that marshmallow or they could wait a little while to get 2 marshmallows. The experimenter then left the room.

This is when the video camera watching the children caught an interesting thing. The children were often tortured by the decision. They would sit on their hands. They would look away from the marshmallow. They would cover their eyes.

Some children delayed gratification by not eating the marshmallow.

Others just ate it.

Then the researchers checked in with the students throughout their life.

The students that didn't eat the marshmallow had measurably better lives in a variety of different ways (higher SAT scores, lower BMIs, etc.)

The children that just ate the marshmallow were happier in the moment.

The children that sat there torturing themselves for 15 minutes, were less happy in the short term. In the long term, they were better off.

Delaying gratification can improve your life.

But this requires one big assumption: those children sitting there waiting actually got an extra marshmallow.

The Marshmallow Mirage

Academics is like the longest marshmallow test in the history of the world.

You're expected to wait 15-20 years before you see any tangible reward from your studies. Heck, with student loan sizes these days, many students are expected to wait 30+ years before they can fully enjoy the rewards of their schooling.

That better be one damn good marshmallow.

The reality is: it's not a marshmallow.

It's a mirage on the horizon that everyone is promising you. You've been told about it so many times that you might think you see it yourself. The ultimate reward you're going to get isn't externally pleasurable. You aren't guaranteed a good career or a comfortable life.

The reward you're going to get is internal. It's the knowledge that you kicked ass.

But you don't have to wait 20-30 years to get this internal reward. You can pick this reward up as you go. Every single day you can get more and more of this pleasure.

But If I'm Happy, What Will Motivate Me?

This kind of thinking is exactly the problem.

I used to think this way too.

My parents used to see me in a good mood and assume that I wasn't working hard enough.

Teachers often have this same attitude. If you're smiling and enjoying their class they think you're not focused on class.

You do not have to sacrifice happiness for good grades. Ignore anyone that tells you otherwise because, quite frankly, even if they were right, it probably wouldn't be worth it.

You deserve to be happy.

You're a hard worker. You're smart. You're dedicated to improving yourself. (I know this because you're doing something most student's never do. You're reading about how to improve.)

If you "need" to sacrifice happiness to get good scores then you're using a terrible and short-sighted study strategy.

It’s better to use a study strategy that just makes you happier and happier as it makes you smarter and smarter.

Happiness isn’t a fuel to burn.

It’s a reward you get to pick up for living a good day.

5. Improvement Requires Perception

I’m going to tell you something I’m not very proud of.

When I used to get a low score on a test, I’d just shove it in my bag and pretend it never happened. I didn’t even think about it. It was my brain on autopilot. This was long before I figured out there was a better way.

Over the years, I’ve learned that this is actually based on a common phenomenon for the average student.

Most students hate thinking about their bad grades.

They are surprised when they get their report card because they haven’t been paying enough attention to know it was coming.

They don’t have any way to track their previous grades without asking the teacher.

When a student is in a really bad spot, sometimes they just stop doing the assignments because they prefer an incomplete to a fail. (In some circumstances, this can actually make a lot of sense.)

If you want to improve your grades then you have to keep track of them.

A Simple Way To Improve Your Grades

I’m going to teach you one of the most powerful strategies there is for improving your grades.

It’s simple. It’s been tried and tested. Most importantly, it’s amazingly powerful.

At first though, it might not make much sense.

D.T told me this story about how he implemented this strategy after reading our How To Never Study Again ebook. (Which is all about non-study strategies students can use to improve their grades.)

D.T decided he was going to try doing just one thing to improve his grades. (Doing just 1 thing is a great way to start anything. Don't overhaul your life. Start with 1 change.)

He started keeping track of all the grades he got in a notebook. He wrote the assignment name every time he handed something in. He wrote the score when he got it back.

That's all he did.

He didn't change his study routine intentionally. He didn't try to work hard. He just wrote these two things down for every assignment.

And it worked.

D.T brought his grades up from C's to B's.

Perception Changes Everything

When you ignore a problem, it won't go away.

Your brain is miraculous. It can solve problems in ways that are hard to understand. If you give it all the data, you might be surprised how effectively it can solve a problem without your conscious participation.

Perception lets you see the problem clearly.

You need to stop and let your brain soak in your grades. This tells your brain:

1. You care about your grades.
2. You feel bad about low grades.
3. You feel good about high grades.

This gives your subconscious all the information it needs to get working on the problem.

There is more you can do to solve these problems and I think you should do those things but the first step to solving the problem is acknowledging it is a problem that needs to be solved.

Packing away your bad scores and pretending they never happened is the exact opposite of this.

You want to feel good but you do not want to feel good by hiding your problems and pretending they're not there.

Solving them is more fun.

6. You've Been Taught The Wrong Way

This is one of the most difficult things you're going to have to accept.

The world is probably not going to appreciate you learning highly effective study strategies.

In fact, most of the world is going to discourage it.

Sure… your teachers want you to understand the material they teach but they don't want you to just get it. They want you to work hard to learn it. If they don't think you're having trouble then they're going to feel like they're not doing their job.

Sure… your parents want you to get high scores but as soon as you get those grades, your parents are going to increase their standards because they want what's best for you. When you get straight A's they'll want you to get A+'s (unless you look like you're struggling for those A's.)

Sure… your friends would love you to score high but then again, they probably would feel bad if you scored too much higher. (Especially if you looked like you enjoyed the process.) It's natural to feel that way.

These people aren't wrong in thinking these things. It's just the human way to think.

Here is the thing…

When someone that cares about you gives you advice, you need to consider their qualifications for giving that advice.

When your teacher says you need to work harder, you need to ask yourself:

- How did this teacher score when they were in school? Most teachers weren't A+ students. In fact, many studies suggest teaching is one of the easiest majors to graduate college in.*

- Does this teacher know how hard you work? Or are they just assuming you don't work hard enough?

- Is this teacher the kind of person you want to grow up to be? If they're miserable people then it

might be better not to learn from them.

*This isn't intended as an insult. Grades aren't everything but grades are what we're talking about here.

If the teacher was an average student then you can't take their advice too seriously. If the teacher is giving you a standard "work harder" without asking about your routine then they have no idea what they're talking about. And if the teacher is unhappy then you have the choice to learn how to be just as unhappy as them. (I prefer the happy approach.)

Most People Settle On Strategies

There are countless ways to improve your grades in school.

Everyone takes a different approach to it.

Some of these approaches are better than others.

A high-scoring student may be qualified to teach you how to score high but they may not be qualified to teach you how to score high and enjoy the process.

The most common high-scoring study strategy is increasing the study time. You can usually learn more if you study longer.

The problem is that you only have so much time in the day. Eventually, most students plateau. They increase their study time but they can't make their grades budge for the better. In the process, they learn to hate studying.

The Student I Wanted To Learn From

In high school, I never really admired the smart students that suffered to get their good grades.

They didn't seem to apply any strategies to their grades. They just sacrificed their life in exchange for a few extra points on a test.

My first real academic role model was Schmitty. (I don't know the guys real name because he

was too cool for that.) Schmitty was a classic stoner that looked happy all the time. He never put too much effort into anything but he showed up and seemed to enjoy the process.

One day we were talking when the conversation went to our report cards. And… since this guy became my academic role model, I imagine you can guess his grades.

He was getting grades that were crushing mine. He was a straight-A student.

He didn't look like a straight-A student.

In fact, I looked like more of a straight-A student than this guy. I was working hard and putting the time in but my results were nothing compared to this guy.

Once I learned the strategies Schmitty used, everything started to change for the better. (And I, thankfully, never picked up any of this guys vices either.)

Pick Your Role Models Carefully

Whenever someone offers you advice, you need to consider who they are and what they know.

Are they someone that you'd be happy to end up like?

If not then don't take their advice to seriously.

By all means, consider it but when you dedicate yourself to improving your own grades, you'll learn things that contradict most of the mainstream ideas on studying.

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- How to not be a perfectionist (and use that to score closer to perfect than ever before)
- Learn the power of "knob-like control" over the scores you're getting in class - that you can turn up and down according to your goals and schedules
- How high scoring students get good grades - almost automatically - because they've learned how to do (instead of procrastinate)
- How to improve your scores from bottom-of-the-class to top-of-the-class (and strategy plays a huge role in this)
- The way you can use those same "procrastination urges" to do the right thing - and learn to trust those internal pulls
- How to enjoy studying - and this is a super important step for you to follow through on because the changes can be radical

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