1. The 4 Things You Must Do to Get from the Grades You're Getting to the Grades You Want!

- Know your outcome!
- Take action, any action!
- Find out what works & what doesn't!
- Re-align your strategy till you achieve it!

2. What's Holding You Back & How to Use It to Propel You Towards Your Goal

-舒适圈 (Comfort Zone)
-不安 (Anxiety)
-不确定性 (Uncertainty)
-未知 (The Unknown)

3. A Simple Strategy to Help You Determine What to Do to Get the Best Results

- 80/20 Rule

4. A Five-Step System to Help You Get Everything Done Effortlessly

- Step 1: Make a to-do list
- Step 2: Assign a time to each task
- Step 3: Total time by week
- Step 4: Schedule the blocks of time
- Step 5: Create a monthly schedule

5. You Are Smarter Than You Think

- Visual Learning
- Auditory Learning
- Kinesthetic Learning

6. How to Write, Down and Remember Everything the Teacher Says

- Use colored pens or pencils
- Outline important terms
- Draw figures, charts & graphs
- Large paper
- Write notes legibly
- Review your notes regularly

7. Studying Shortcuts Guaranteed to Work Wonders

- Carry something to read everywhere you go
- Listen to motivation tapes whenever possible
- Give yourself feedback & reinforcement
- Don't beat yourself up over non-successes
- Try to simplify things
- Study by objectives not time
- Read before going to class!

8. How to Determine What Will Be on Your Next Exam

- Refer to past exams
- Identify exam questions
- F = Final Exam
- M = Mid-term Exam
- A = Assignment
- R = Read
- If you were teacher, what questions would you ask?
- O = Objective
- M = Measurable
- A = Action
- R = Realistic
- T = Time bound

9. How to Ace Exams Each & Every Time!

- Check the details
- Time & place
- Chair & seat
- Right tools
- Length of time
- Write times down & never refer to exam questions in class

10. Building the Endurance to Sustain Your Newfound Success

- Expand your health & your grades will expand proportionally

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