

Study Success Formula

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Discover How To Succeed
In College



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Intro – Who Cares if it's Efficient!

Hello and thank you for downloading this Free Report! I am hoping that the information contained in this report will benefit us both, or as they say in Texas: *“The ears of the speaker are the closes to the mouth”*. My goal in writing this e-book is quite straightforward, namely to teach you the true success formula for higher studies. First of all, let's look at the word effectiveness for a second.

Effectiveness... it's an interesting word indeed, don't you agree? Any study technique that is not effective can not really be called a study technique, now can it? Believe it or not, this issue is one of the most misunderstood issues to college students and other alike. That is, not understanding the difference between **efficiency** and **effectiveness**.

Let me clarify the difference between the two by telling you a little story:

Let us say you and your friend both live in New York and want to go visit Washington. So your friend buys a new Ferrari or something and drives -like a maniac- towards the north of NYC. Wow! Now that is what I would call efficiency, he has really optimized all his efforts to the extreme.

There is only small problem though, namely: **Washington is to the South of NYC!** The idiot is traveling in the wrong direction! Now let us consider your case; being proud of your physical strength you decide to walk all the way to Washington. A few miles to walk I agree, but the thing is that you're walking in the **RIGHT** direction! This means, that although walking is

less efficient than driving a Ferrari, it's more effective since it actually gets you to achieve your goal!

Now how does this apply to college students? Well, for one thing, everybody is so attached to the idea of a "common study technique" (ie. one that is proven effective to everyone) and if you think that these kind of techniques exist then you're in for a ride because studies and the techniques that follow it are all really subjective (expect for a few minor cases).

This means that you have to *learn* the way you learn and then go by that. Sounds easier said than done? Perhaps, but only if you're missing the basic guidelines behind a successful study technique. Do you want to learn these "secrets"? If yes continue reading, if no, close this e-book and do something else.

The Most Effective Study Technique Is...

Time management. But time management isn't a study technique, right? Well it depends, any study technique lacking reference to good time management is pretty much rubbish. Time is an essential key, you can not study properly without considering it, hence time management is most certainly a study technique in it self.

Studies have shown that within 24 hours one usually forgets about 80% of the material. If, you however decide to review the study material after 24 hours has passed, it takes about 7 days before 80% has been forgotten.

Furthermore, if you review the material again at this point, it

takes around 30 days for you to forget 80% again. Wow, knowing such numbers could be pretty powerful! What's really stopping you from reviewing the material with once instead of putting it to the side?

You should note that procrastination is without a fact one of your greatest enemies when studying. Never forget the "golden" rule:

"What can be studied tomorrow can be studied today"

You have to discover how to beat your own laziness.

Consider the following:

- 1) If you decide to review the material with once you will relieve yourself from stress and unnecessary distress.
- 2) You get time to do things without that little voice reminding you of studying.
- 3) Your actions will most likely result in better grades. The objective has now been achieved!

Is it really that easy? Perhaps not, that's why I suggest you consider applying the following tips:

1) Make a place in your home that is met only for studying. You have no idea what type of effect this has! Successful businessmen have offices for a reason, it's a place where work and only work is acceptable.

This is more of a psychological thing, when you go into that room (or a section of a particular room) you turn on your "study mood", turn off the TV, the computer and your cellphone (even though we all love our cellphones...)

2. Bring out your schedule (if you don't have one, buy one now!) and dedicate one or a few hours each day to studying alone. This has to be done continuously, if you slack for one day, you might find yourself slacking for weeks without having anything done. Remember the golden rule:

“Studying in small steps over a longer period of time is BETTER than studying a lot over a short period of time”

Building Something Greater

Human beings are interesting diverse little creatures. We comprehend things different and we also have different types of vision. People (in terms of their vision) can generally be categorized into the following two groups:

a) Those with little or no vision.

b) Those whose vision extend to grasp larger meanings. This should not be compared to optimism and pessimism. Indeed, some pessimistic people have great vision while some optimists lack it.

I want you to imagine three people who all work in the industry, namely as construction workers. Now let us say you decide to ask each one of these employees what he is up to (keep in mind that they are all working in the same area, building the same wall), the first one answers: “I am building a wall” while the second worker says: “I am building a library in which information can be freely distributed”. Notice the difference in the answers, one clearly has a greater vision than the other!

Likewise one particular student might be studying to “pass this exam” while another student studies in hope of

becoming a child doctor and help small children or what ever be the case... Point being, you have to expand your vision or else you might lose your motivation and end up hating all the subjects you used to love! **Remember:**

“Study For The Cause Not For The Exam!”

Mimic The Success Of Corporations

Ever wondered why big corporations are almost always successful? (It is one of those questions that keep you up late on night, huh ;)? Of course, there are a number of important factors to consider when determining why a particular company is successful but we usually find one criteria which is almost always present, namely: “Good Planning”!

Companies plan way ahead, they calculate everything that they could possibly try to calculate in beforehand (sometimes this works, sometimes not). The lack of proper planning could mean total failure, ask Coca Cola if you don't believe me! (OK, perhaps it's not that easy to reach the managers of a multi-billion dollar corporation...)

They sure wish they had done some more planning before releasing “the new coke” back in the 80's, it became a total flop of course. Alas! Why did they not plan ahead and do some research before doing such a thing, but it was to late and they lost millions and millions of dollars.

“What does Coca Cola have to do with me”, you ask. For one thing this whole incident teaches you a lesson and gives

you something to ponder. Are you really planning your studies the way you should? A good way to get started is by simply writing a to do list.

You can find an article I wrote on this on [my site](#) for more information. Basically, you tell yourself what to do and when to do it! You should always remember though:

“Small continuous steps usually take you further than one big giant leap”. What I am trying to say here is, only write down tasks you know you can finish. The bigger the task, the more it needs to be separated into smaller tasks.

Never be disheartened if you think the road to study success is long, just focus on one thing at a time and you will hopefully notice how you –step by step– are getting closer and closer to reach your goal.

Finally I want to conclude this small report with the words of my 9th grade English teacher who told me:

“The one who aims towards the stars will at least hit the forest while the one who aims towards the forest won’t get anywhere!”

In conclusion; aim high, always plan and learn how to fulfill!
That is the study success formula right there!

Author Bio

Abderisak Adam is the author of the popular e-book "Study Guide Pro". He has been active in teaching study techniques for several years and blogs daily at: [Study Success Blog](#) where he discusses study skills and techniques as well as self-improvement topics. **What are you waiting for?** Go visit the site! :)

PS: Thank you for reading this small report, please do note that this small e-book is no way near as comprehensive as the full [Premium Study Guide](#). You should try it out if you are serious about studying!

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A. Adam – Study-Habits / 2007

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