AAR 30++ ASAP TIPS - A FIRST DRAFT

DR. AAR's 30++ TIPS FOR GUARANTEED ASAP - A FIRST DRAFT

How can we systematically pursue academic success and continued professional development?

Are there a few "tips" that we should continuously remind ourselves about and try to follow in the pursuit of general excellence?

The answer to this is a profound "HELL YES!"

This document - a first draft - is an attempt to provide a useful list of tips.

The list is based on decades of illuminating interactions with students, faculty, researchers, scholars and many professionals.

As such, the list is presented on behalf of the millions that have been positively impacted and who know that these ideas MUST be passed on to help individuals pursue continued excellence throughout their lives.

Like anything worthwhile,

"you get out what you put in..." The list means nothing until you tell yourself..."this is something I must do continuously throughout my life."

As you go through the list, you will observe that we touch upon many disciplines. These include,

- engineering
- science
- mathematics
- philosophy
- epistemology
- meta-physics
- psychology
- sociology
- physiology
Don't get scared or intimidated by these. And please, please don't go to sleep on me! I need you wide awake.

What is presented here will significantly impact your life, your future and all those you interact with moving forward.

As such, it is natural that all of the above disciplines are called upon.

Fasten your seat belts.

Here we go!

1. LIVE A GUARANTEED 4.0 CENTRIC LIFE

Dr. Donna O. Johnson -
get and master all her stuff!

http://www.guaranteed4.com

....including all her stuff on exam taking!

If you do it right, it will have a significant and profound positive change on your life!

Like anything else....what you get out depends on what you put in!

"No pain, no gain."

This is true for anything
1. ALWAYS PLAN YOUR WORK
   & WORK YOUR PLAN!

   My mentor Theodore Hernandez taught me this when I was young.

   It took me a while to really appreciate and learn the significance of this very fundamental and powerful idea!

1. LEARN TO PLAN!


   STRATEGIZE ABOUT WHERE YOUR GOING & HOW TO GET THERE...

   GET THE BIG PICTURE

   RIGHT,

   SET LONGER-TERM GOALS,

   SET SUPPORTING SHORTER-TERM OBJECTIVES,

   SET SMALLER VERY SHORT-TERM ACHIEVABLE WAY

THIS TAKES PRACTICE!


WITH THIS - THE LONG-TERM

AS WELL AS THE SHORT-TERM PLANNING! <https://m.youtube.com/watch?v=2d9K25JwzW4>

Ad utrumque paratus - prepare
for alternatives

https://m.youtube.com/watch?v=2d9K25JwzW4

If you fail to plan, plan to fail.

Benjamin Franklin


There's no such thing as good or bad weather. All we have is weather, and you have to be prepared for it — good and bad.

Mikal E. Belicove

Don't build the plane
during take off!

1. BRIEFLY GO OVER GOALS, OBJECTIVES, TARGETS & PLANS EVERY DAY!

   THIS WILL HELP YOU STAY
   FOCussed AND ON TRACK!

   REVISE/ADAPT SHORT-TERM
   PLANS WHEN NECESSARY!
WE ALL HAVE TO DO THIS IN ORDER TO PROPERLY ACCOMMODATE UNCERTAIN EVENTS & CONSTRAINTS THAT ARISE! CALMLY & RESPONSIBLY DEALING WITH UNCERTAINTY IS ANOTHER CRITICALLY IMPORTANT SKILL TO DEVELOP!

Strive for and work toward a constant equanimity!

NOTE:
DON'T EVER CHANGE LONG-TERM PLANS BECAUSE OF ONE BAD EXPERIENCE (e.g. a lousy instructor).

Don't let this be you:

"Because Dr. So-n-So gave me a B in biology, I no longer want to become a prosthetic surgeon."

Don't let this be you. NO WAY!

CONSULT A VERY TRusted MENTOR BEFORE CHANGING YOUR (WELL THOUGHT OUT) LONG-TERM PLANS/DREAMS!

1. BELIEVE THAT YOUR HARD WORK WILL PAY OFF! IT WILL. YOU GOTTA BELIEVE!

SUCCESS IS ABOUT HARD WORK. NOT LUCK!

LUCK IS WHEN
PREPARATION MEETS OPPORTUNITY!

L = P + O (LEPPO)

If you’re unprepared, you won’t even notice the opportunity that may be staring you in the face!

That’s my definition of BAD LUCK; i.e. being unprepared for an amazing opportunity!

Delphic Maxim #10:
Know your opportunity.

1. LEARN TO BREAK LARGER HARDER PROBLEMS INTO SMALLER SIMPLER (MORE FAMILIAR MANAGEABLE) PROBLEMS!

   THIS IS A CRITICALLY IMPORTANT LIFE SKILL TO NURTURE & DEVELOP!

   LIKE ANYTHING ELSE, IT TAKES PRACTICE.

   Doing the above requires deeply understanding the problem at hand; the associated important characteristics and associated assumptions.

1. LEARN TO “READ STRATEGICALLY!”
NOTE:
I "INVENTED" THIS TERM!

i.e.
GET THAT CRITICAL BIG
PICTURE FIRST!
THIS IS SUPER CRITICAL!

WHAT ARE MAIN QUESTIONS?
WHAT ARE MAIN ISSUES?
WHAT METHODS ARE PRESENTED?

AFTER GETTING THE ABOVE STRAIGHT, THEN AND ONLY THEN, SHOULD YOU DIVE INTO THE (SOMETIMES MIND NUMBING) TECHNICAL DETAILS!

HOW DO YOU USE EACH METHOD?

WHEN DOES EACH METHOD WORK? FAIL?

UNDERSTAND UNDERLYING ASSUMPTIONS (WHEN METHOD WORKS) AND LIMITATIONS (WHEN ASSUMPTIONS DON'T HOLD)!

THIS RESULTS IN VERY
More specifically, when reading a paper that addresses a problem in a field
first examine the title carefully, then read the abstract,
then the introduction and
then the conclusions.

Do this for a few related papers in the field. If you do this right, you'll learn a great deal about the problem, how it has been addressed, the field, and you'll have lots of fun doing it!

(Fun because you focussed on the BIG PICTURE and NOT on the mind numbing technical details!)

After doing the above "strategic reading," you can then decide which papers you shall aggressively jump into technically!

1. RECORD ALL LECTURES...
   ...VIDEO IF POSSIBLE!

   USE YOUR RECORDINGS AS
   BACK UP TO CHECK
   STUFF AND/OR REVIEW!

   ...PAUSE & REWIND ARE
   AMAZING FEATURES FOR
   THOSE COMMITTED TO
   LEARNING !

   ...THIS WILL GIVE YOU AN
   INSURANCE POLICY!

   THINK ABOUT USING A
   TABLET PC THAT PERMITS
   YOU TO TAKE NOTES,
VIDEO RECORD LECTURES, IMPORT, ANNOTATE, COMPUTE, ACCESS WWW, BOOK MARK AND DOWNLOAD KEY RESOURCES, etc

This is the future and the future has arrived! I see many successful students doing this!

1. FIND YOUR OWN OPTIMAL STUDY-REST PACE/RHYTHM!

WHEN STUDYING (e.g. READING, WATCHING VIDEO),

LEARN TO PACE YOURSELF!

BECOME A BURST OR SHORT-SPRINT LEARNER.

LEARN (SPRINT), STOP (REST), REFLECT (BREATHE, TAKE NOTES), & RESUME (SPRINT)!

PACE YOURSELF SO THAT YOU CAN STAY MOTIVATED
LIKE INTERVAL TRAINING,
WE PROPOSE INTERVAL
LEARNING!

BECOME AN ATH-LEARNER!

like ATHLETE!

1. START PREPARING & PLANNING FOR COURSES EARLY

Speak to students, advisors
and professors about what and
who to take!

.....and when to take it!

Start this at least one semester
ahead !!

Do your HW on classes, texts,
materials and professors ...
start a semester ahead at
least!

Get books, notes, guides, HWs, exams, labs, software, reports, solutions, .... everything you possibly can, etc.

USE THE MATERIALS WISELY!

LEARN!

DON'T CHEAT!

AND DON'T CHEAT YOURSELF!

SIT IN ON CLASSES WHenever you can !!!
HAVE FRIENDS RECORD THE CLASSES FOR YOU....AND HELP YOU GATHER RESOURCES!

Start EARLY.

Don't procrastinate!

1. GPA INSURANCE: DROP WHEN NECESSARY!

TAKE A COUPLE OF EXTRA SAFE CLASSES.

IF NEEDED, DROP THOSE HARDER CLASSES THAT MAY KILL YOUR GPA.

RUNNING AWAY TO LEARN (FIGHT) ANOTHER DAY IS FINE

IF DONE RESPONSIBLY!

Getting a W on your transcript is much better than getting a C

or worse!

A C or worse means you missed some important stuff.

This can have very bad consequences in subsequent classes! NOT GOOD!

If you choose to get the C, make sure you do a thorough review before moving on to the next related class.

In fact, you should always

conduct a thorough review of

prerequisite concepts before

starting a new class!

MAKE SURE YOU DO

THROUGH BEGINNING OF

SEMESTER REVIEWS!!

Studies show that familiarity

with prerequisite knowledge is

often an excellent predictor of
course performance!

1. JOIN A STUDY GROUP!

START A STUDY GROUP IF YOU NEED TO!

FIND PEOPLE THAT BELIEVE IN AND ARE COMMITTED TO PRACTICING ALL OF THESE THINGS!

1. GET SUFFICIENT SLEEP!

SLEEP HELPS YOU HEAL, REGENERATE!

FIRST FEW HOURS: CRITICAL FOR TRANSFERRING SHORT TERM MEMORY DATA INTO LONG TERM MEMORY!

LAST COUPLE OF HOURS CRITICAL FOR COMPLEX STUFF & CREATIVITY !!!??????

REFERENCE:??????

1. OPTIMALLY SPREAD YOUR STUDY SESSIONS!

SHORTER SMALLER SESSIONS ARE BETTER THAN FEWER LONGER SESSIONS!

PROVIDES TIME FOR PROPER ABSORPTION!

This will give your brain time to strengthen and optimize those neural network connections.

1. WHERE YOU STUDY MATTERS!

FIND A SACRED STUDY PLACE.

EVERYONE SHOULD HAVE ONE!

ALTERNATING LOCATIONS CAN HELP TOO!

DIFFERENT LOCATIONS PROVIDE A VARIETY OF ASSOCIATION/VISUAL LEARNING QUEUES.

Reference:??????
NEED TO REPEATEDLY ENTER THAT SOMETIMES ELUSIVE "STUDY COMFORT ZONE" TO REMAIN MOTIVATED AND FOCUSED!

MAKE SURE YOU STUDY UNDER GOOD LIGHTING SO YOUR EYES & BRAIN DO NOT TIRE PREMATURELY!

BAD LIGHTING WILL REDUCE YOUR READING STAMINA!

1. WHEN STUDYING, FOCUS!

TRY TO STAY IN THAT ZONE!

AVOID DISTRACTIONS!

DON'T MULTI-TASK!

1. LEARN ABOUT THOSE HAPPY BRAIN CHEMICALS!

NO CRAZY STUFF FOLKS!

mnemonic: SEOD

Serotonin - feel important

sun
tryptophan
carbs
low proteins

Endorphins - stress

depression
laughter
exercise
dark chocolate

Oxytocin - relations

hugs, gifts

Dopamine - goals
short celebrations


protein

CHECK ABOVE!!!!!

REMEMBER: NO CRAZY STUFF!
ALWAYS PROTECT YOUR HEALTH!

Reference:?????

1. PRACTICE 4-5 PRIOR EXAMS BEFORE TAKING AN EXAM!

"Practice makes perfect" is not
just another silly saying!


BRAINSTORM WITH STUDY

GROUP MEMBERS ON WHAT
MIGHT BE ASKED.

WORK TOGETHER TO CREATE
CHALLENGING POSSIBLE
EXAM QUESTIONS!

WHEN EXAMINING ANY
PROBLEM, THINK HOW THE

RECASTED, etc.
THINK OF DIFFERENT VERSIONS OF THE PROBLEM OR RELATED PROBLEMS THAT MAY BE ASKED ON AN EXAM!

NOW YOU HAVE GONE FROM EXAM TAKING TO EXAM MAKING! ... A BIG STEP!

Be careful reading the following. Don't miss the main point!


SOME ADVICE ON CREATIVITY:

Learn the basics really well before you start getting too creative. If getting creative (trying new things) keeps you motivated and engaged, GREAT! .... but learn the basics well!

It is awful watching people "reinventing the wheel" without examining the vast literature that exists on "wheels."

THAT IS ALMOST ALWAYS VERY STUPID...ESPECIALLY FOR A NOVICE (BEGINNER)! Doing "prerequisite homework" is important in any domain! Learn what others have done before you invest a great deal of your very valuable time into an approach that may have already been tried....with little results. Do your homework!

IT IS OK FOR A SEASONED PROFESSIONAL TO NEGLECT THE LITERATURE A LITTLE...BUT ONLY A LITTLE!

Geniuses, of course, can do whatever the hell they want.

They are geniuses! Most of us, unfortunately, are NOT geniuses. We're just very hard working regular folk!

1. THE KEY TO SPEED ON EXAMS IS UNDERSTANDING & PRACTICE!

UNDERSTANDING COMES BY
SOLVING PROBLEMS VERY SLOWLY - TO DEEPLY
UNDERSTAND EACH TINY ASSUMPTION AND STEP!

YOU WANT TO REMOVE ANY
& ALL CONCEPTUAL GAPS
ASAP!

TAKING TIME TO EXPLORE
ALTERNATIVE APPROACHES IS
ALSO A VITAL PART OF THE
LEARNING PROCESS.

MASTERY SHOULD ALWAYS
BE A GOAL -
TEMPERED BY HARD
DEADLINES, TIME
CONSTRAINTS & REAL
RESPONSIBILITIES!

SPEED THEN COMES WITH LOTS OF PRACTICE UNDER EXAM CONDITIONS!

1. LEARN TO TAKE NOTES & SUMMARIZE!

Learn to do this for

lectures
reading
homework
sample exams
office hour visits
seminars
interviews
etc.

SUMMARIZING WILL HELP
YOU ORGANIZE & CLARIFY
YOUR THOUGHTS &
STRENGTHEN CRITICAL CONNECTIONS!

OUTLINING, GROUPING, CHUNKING, & CATEGORIZING ARE IMPORTANT TO PROPERLY (& SYSTEMATICALLY) ORGANIZE INFORMATION, REVEAL PATTERNS, INCREASE CLARITY, ACHIEVE INSIGHT, DEVELOP DEEP UNDERSTANDING, SEE CONNECTIONS & VISUALIZE THE BIG PICTURE BECOME THE CONSUMMATE ORGANIZER...ELECTRONIC & OTHERWISE.

BECOME A FANATIC BOOK MARKER OF RESOURCES ! HAVE WELL ORGANIZED FOLDERS TO STORE YOUR KNOWLEDGE PLAYLISTS!

I CONTEND THAT THE MODERN TEXT IS A COLLECTION OF CAREFULLY
SELECTED AND LOGICALLY ORGANIZED BOOK MARKS (TO LEVERAGE EXISTING ELECTRONIC RESOURCES) ...
SUPPLEMENTED BY NOTES, DETAILED Annotation, ETC!

DOWNLOAD, STORE & CAREFULLY ORGANIZE YOUR KNOWLEDGE-TUTORIAL-AND-INFORMATION GEMS TO FORM YOUR PERSONAL ELECTRONIC MULTI-MEDIA LIBRARY!

Do this for the rest of your life!

21. TEACHING CAN REALLY HELP YOU MASTER MATERIAL!

ARRANGE TEACHING <https://www.edutopia.org/discussion/7-hidden-secrets-excelling-academically-college-0>

SESSIONS WITH STUDY GROUP PARTNERS! <https://www.edutopia.org/discussion/7-hidden-secrets-excelling-academically-college-0>

....YOU CAN ALSO TUTOR OTHERS IN THE CLASS!

Teaching, when done properly, forces one to deeply think about stuff!

1. Be persistent. DON'T GIVE UP!
YOUR LIFE DREAMS ARE IMPORTANT!

GIVE IT ALL YOU GOT AND THEN GIVE IT SOME MORE!

YOU DON'T WANT TO HAVE ANY “I DIDN'T DO MY BEST” <https://www.edutopia.org/discussion/7-hidden-secrets-excelling-academically-college-0>

REGRETS!

Remember:

INVENIAM VIAM - find a way or make one ... Hannibal

Delphic Maxim #92:
Finish the race without shrinking back.

Delphic Maxim #147:
On reaching the end, be without sorrow.

[IMG_4398.JPG]

1. PLEASE TAKE CARE OF YOUR HEALTH! <https://www.edutopia.org/discussion/7-hidden-secrets-excelling-academically-college-0>

THE ABOVE TIPS, AS WELL AS THOSE BELOW, SHOULD HELP YOU WITH THIS!

Your health and the general well being of your family
members should be near the
top of your list of critically
important stuff!

1. REALIZE THAT YOU ARE VERY LUCKY TO BE PURSUING AN ENGINEERING DEGREE - ONE THAT WILL PREPARE YOU TO PARTICIPATE IN THE ONGOING TECHNOLOGICAL REVOLUTION!

Delphic Maxim #10:
Know your opportunity.

1. ALWAYS MAINTAIN MASTERY AS A GOAL!

"DID YOU DO YOUR BEST"
SHOULD BE YOUR GUIDING
STANDARD!

BECOME A PRACTICING
FANATIC CRITICAL THINKER!

Well maybe "fanatic" is much too strong a word.

The key here is that critical thinking must be practiced continuously - ideally, it should become "second nature"; a self regulated preprogrammed reflex like anything else that is worthwhile;
e.g. discipline;
being polite, sympathetic, caring; eating healthy, exercising;
etc.

You get where I'm coming from.

What is critical thinking?

Here is one possible definition - my definition.

Critical thinking refers to thinking about your thinking;
analyzing, evaluating and improving the full bloody process;
how information is gathered;
the quality of the information;
examining the systematic questioning that takes place;
the thresholds that are used (and set) for determining whether her or not an idea is acceptable; and
the standards that are used!

Sounds very complex!

It is!

But, like anything else, if you practice enough it becomes <http://www.criticalthinking.org/pages/defining-critical-thinking/766>

second nature!

...just like walking, running, jumping, caring, helping, etc.

Also see 33 below.

Reference:

http://www.criticalthinking.org/pages/defining-critical-thinking/766

TAKE CONTROL!

...OF YOUR LEARNING,
YOUR CAREER, &
YOUR LIFE!

QUESTION EVERYTHING!

ALWAYS SEEK VALIDATING
EVIDENCE BEFORE
ACCEPTING ANYTHING!

THE EXTRA TIME INVESTED
WILL YIELD A TREMENDOUS
ROI - RETURN ON INVESTMENT!!

AVOID SHORT CUTS!
THE PRICE MAY BE TOO HIGH!! SHORT CUTS MAY TAKE A LIFETIME TO PAY OFF!

I've seen this countless times!

WHEN LEARNING A NEW THEORY OR METHOD,
ALWAYS ASK:

WHEN DOES IT WORK & <https://www.edutopia.org/discussion/7-hidden-secrets-excelling-academically-college-0>

WHEN DOES IT FAIL?

REMEMBER:
ALL THEORIES & METHODS HAVE LIMITATIONS!
STUPIDITY DOES NOT!

UNDERSTAND THOSE CRITICAL ASSUMPTIONS!

Delphic Maxim #6:
Know what you have learned.

PREPARE FOR & EMBRACE LIFE LONG LEARNING! THERE SHOULD NEVER BE A BORING MOMENT! THERE IS ALWAYS SO MUCH YOU CAN DO!

Delphic Maxim #121:
Do not tire of learning.
1. KNOW THYSELF!

This is Delphic Maxim #8.

Dig deep and understand what makes you tick! You must be honest and realistic with yourself!

True effective achievable change requires this!

1. BE PASSIONATE!

We only get one life.

It is precious!

There is so much to go after.

Find your passion!!!

....passion will help you stay motivated!

It provides the critical grease and magical torque to keep those wheels turning when they seem immovable...

.....misdirected passion is NOT good!!! It can result in years of wasted time.

Finding your passion, like anything worthwhile, takes work! Please put in the work!

Passion is not a bolt of lightning that hits you inside the classroom. It is something you work towards...continuously and forever.<http://www.scribophile.com/blog/precision-and-clarity/>

It is like love, trust, caring, relationships, etc.

All are measured in "degrees" and all take continuous work.<http://www.scribophile.com/blog/precision-and-clarity/>

Passion can be thought of as just one measure of your "relationship" with a "subject."

1. EXAMINE & UNDERSTAND 147 DELPHIC MAXIMS!

Disclosure: A few of the Delphic Maxims are antiquated and simply very stupid!! <https://www.edutopia.org/discussion/7-hidden-secrets-excelling-academically-college-0>
Insensitivity, prejudice, misogyny, etc..., for example, have no place in our modern world!

1. A FEW ATTRIBUTES YOU WANT ASCRIBED TO YOU.

PROFESSIONALISM
professional

INTEGRITY
honest
ethical
trustworthy

fair-minded
objective
just
judicious<http://www.scribophile.com/blog/precision-and-clarity/>

empathetic
caring
sensitive
thoughtful
compassionate
non-assuming

INTELLIGENCE
smart
intelligent
knowledgeable
calculating
analytical
reflective
introspective
intellectual
aware
logical
rational
scientific
wise
sagacious

CREATIVITY
creative
imaginative
inventive
innovative
original
resourceful
persuasive
articulate
influential

WORK ETHIC
hard working
diligent
industrious
assiduous
careful
accurate
precise
clear
meticulous
assiduous
curious
thorough
pro-active
prompt
timely

independent

helpful<http://www.scribophile.com/blog/precision-and-clarity/>
magnanimous
cooperative

ATTITUDE
passionate
driven
motivated
persistent
tireless
indefatigable
focused

patient

polite
courteous
humble

affable<http://www.scribophile.com/blog/precision-and-clarity/>
personable

LEADERSHIP

visionary
forward looking
provident
farsighted
courageous
principled
confident
decisive
reasonable
measured
steady
calm
reliable
dependable

1. LEARN TO WRITE!!

WRITING IS ONE OF THOSE CRITICAL LIFE-LONG SKILLS. THAT ALL PROFESSIONALS NEED TO NURTURE, DEVELOP & IDEALLY, MASTER.

LEARN TO WRITE BY WRITING!

WRITING WHILE READING WILL SIGNIFICANTLY HELP YOUR UNDERSTANDING & YOUR WRITING!

The following emphasizes the importance of precision and clarity:

http://www.scribophile.com/blog/precision-and-clarity/

Try not to ramble. <https://www.dailywritingtips.com/50-tips-on-how-to-write-good/>

Try to organize your ideas logically.
This will help with clarity!

When going from one idea (or sentence) to another, ask yourself if you overlooked something; if you forgot something in between.

This will help you with precision.

Be very careful when you ASSume!

You can make an

ASS of u and ME (the reader)!

Practice being careful.

State and justify each of your assumptions. This too will help you with precision.

Remember:

You don't want people to say or think that you are "always on three sides of eve"ry fence!" That can't be good.

Here are 11 writing tips for you to examine, embrace, nurture and adopt:

The following contains 50 more writing tips!

NOTE:

I am very much aware that I have violated many of the writing tips given in the above references.

Try not to be too harsh on me. I'm trying to help you navigate the maze of academia and life (professional and otherwise).

Hopefully, my sincerity, passion and the substance of the ideas presented far outweighs all the other "stuff" I've neglected.
1. LEARN TO UNDERSTAND & EFFECTIVELY DEAL WITH PEOPLE!

For some practical people skills,
I strongly recommend
Dale Carnegie's

"How to Win Friends and
Influence People."

This is a well written time/tested best seller guide that everyone should read several times. If you let it, it can and will significantly help with your personal as well as your professional life.

It offers (well grounded) common sense techniques for
handling people,
getting people to like you,
getting people to adopt your way of thinking,
becoming a leader and even
improving your home life.

I definitely need to read it again myself! I'm going to read it tonight!!

The following should also be fun and worth examining:

"Don't Sweat the Small Stuff and It's All Small Stuff: Simple Ways to Keep the Little Things from Taking Over Your Life"


1. WHEN PRESENTED WITH A FRUSTRATING SITUATION, LEARN TO CALM DOWN BY PROPERLY "SIFT-ING" YOUR MIND.

As Dr. Dan Siegel describes in
his book:

we must all (children, teenagers, and adults alike) learn to "SIFT" our mind; i.e. carefully examine the many associated (past and present) events.  

We must remind ourselves that feelings, and the associated/resulting thoughts, are not "facts." That is, they are not reality. They are (at best) our interpretation or misinterpretation of reality. As such, pause and reflection are in order so that our "rational brain" can properly inform, guide and calm our often troublesome and cantankerous "emotional brain."

These powerful - potentially transformative - ideas are summarized within the following articles:


[https://www.nicabm.com/a-four-step-strategy-for-training-your-brain-to-better-understand-your-emotions/](https://www.nicabm.com/a-four-step-strategy-for-training-your-brain-to-better-understand-your-emotions/)


1. **BE SKEPTICAL. QUESTION & THINK CRITICALLY!**

A good dose of skepticism, supported by systematic questioning and standards, is fundamental for any modern day, analytic, scientific thinking professional!

**CAUTION:**

Remember to turn it down a notch when you get home! Even if your spouse, roommate, etc is a similar thinking professional, you don't want to over do it. Peace in the home is essential!
Remember that:

ALL models and theories have limitations, stupidity does not!

All models are wrong.

Some are useful!

Critical thinking is thinking about your thinking while employing longstanding logic, methods of questioning and standards!

http://www.criticalthinking.org/pages/defining-critical-thinking/766

1. BECOME A GOOD LISTENER!

Has anyone ever told you that listening is just as important a skill to nurture, develop and learn as is writing or speaking?

If not, here it is.

Learn to listen.

It is very important - impacting all components of your life.

How you might ask?

The answer is simple.

Just practice!

NOTE:
I said the answer was simple. I did NOT say that listening was simple!

Like any other worthwhile skill, it requires work.

Toward this goal of becoming an effective listener, it is useful to combine curiosity, perseverance and patience with sensitivity, objectivity and an ability to internalize, store, file and analyze spoken information.

Of course, it is not enough to show interest or be interested. Genuine work is required! As the listener, you must believe that your listening <https://en.m.wikipedia.org/wiki/Epictetus> investment will have a worthwhile payoff - otherwise, you'll give up and stop!
A great tip for becoming a good listener is to simply let the other person speak!! Don't monopolize the conversation.

At this point, it is useful to recall a quote from the Greek philosopher Epictetus (50-135 AD):
"We were given two ears and one mouth so that we might listen twice as much as we speak."

https://en.m.wikipedia.org/wiki/Epictetus

https://www.brainyquote.com/quotes/quotes/e/epictetus106298.html

https://en.m.wikipedia.org/wiki/Active_listening

MORE TO COME SOON!!

THIS IS AN EVOLVING DOCUMENT - A FIRST DRAFT.

ANY FEEDBACK WOULD BE GREATLY APPRECIATED.<https://www.edutopia.org/discussion/7-hidden-secrets-excelling-academically-college-0>

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1. Choose Your Classes Strategically - DO YOUR HW ON WHAT TO TAKE AND WITH WHO EARLY!! <https://www.edutopia.org/discussion/7-hidden-secrets-excelling-academically-college-0>

2. Sign Up For Extra Classes <https://www.edutopia.org/discussion/7-hidden-secrets-excelling-academically-college-0>
3. Join a Study Group

4. Get Enough Sleep

5. Study Consistently - Don’t Cram

6. Identify Your Best Study Location

7. Don’t Multitask When Studying

[https://www.edutopia.org/discussion/7-hidden-secrets-excelling-academically-college-0]

7 Hidden Secrets to Excelling Academically in College

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Karleia Steiner

Posted 10/30/2014 9:14AM | Last Commented 10/30/2014 9:14AM

Academic success is now more important than ever.

Many students are also very busy with jobs as well as classes.

It takes a great deal of focus to succeed as a student nowadays, between financial challenges and all of the distractions.

The following seven tips, however, can help you excel in your academic career.

1. Choose Your Classes Strategically
While certain classes are required for your degree, many are electives.

Not only that, but you often have choices regarding required classes.

For example, you can take one class this semester and another one next semester.

You may also have a choice between two or more professors.

Do some research and find out which classes and professors are more in synch with your preferences and personality.

This can help you enjoy the class more and get a better grade.

2. Sign Up For Extra Classes

One sneaky trick to doing well academically is to sign up for more credits than you really want. Of course, if you are already planning to sign up for the maximum number of credits allowed, this won’t work. However, if you are planning to take 15 credits, you could sign up for 18.

This gives you a chance to experience all of these classes and then drop one.

You should drop the class that seems like it will give you the most trouble, provided that it’s not mandatory.

3. Join a Study Group

Study groups can be very useful for helping you succeed in challenging classes.

If a study group does not already exist, you can organize one.

These groups allow students to share research and pool their brainpower.

When you are pursuing a difficult program such as a physics, legal or radiology bachelor degree, study groups can help you survive and even thrive.

4. Get Enough Sleep

Many college students sacrifice sleep in their attempt to juggle classes, jobs and socializing.

This is a mistake that can be harmful to your health as well as your academic career.

Your mind cannot work at its full capacity when you’re sleep deprived, so make time to get at least seven hours of sleep on average.
5. Study Consistently - Don’t Cram

Cramming is a common practice in college, but not one that’s conducive to learning and high grades. Cramming is not really a viable strategy and is usually the result of not keeping up with the material consistently. One problem with cramming is that you can only do so much of it. So when you cram for one subject, you end up neglecting others.

It’s far more efficient to space your reading and studying out evenly.

6. Identify Your Best Study Location

Some people study best in a quiet room. Others absorb material more efficiently in the library or a crowded cafe.

Pay attention to how different environments affect you.

You may even find that it’s best to alternate your study locations from time to time.

7. Don’t Multitask When Studying

Set aside time to study and don’t let yourself get distracted by phone calls, the internet or in-person conversations with friends.

You can’t always avoid distractions, but you can keep them to a minimum.

When you focus entirely on studying, you get more out of it.

These recommendations can help you succeed academically in college.

College takes a certain amount of focus and commitment.

When you get distracted or feel frustrated, remember to think about your goals.