

THE 3-STEP FORMULA FOR HIGHER UNIVERSITY GRADES

**(EVEN IF YOU DON'T THINK
YOU'RE A SMARTYPANTS)**

3 WAYS TO GET CRAZY VALUE FROM THIS WEBINAR

1. PRINT AND USE

Print this workbook and use it during the webinar to take notes and stay engaged with the material. You can print and complete by hand or open it as a PDF and take notes digitally.

2. THINK OF ONE QUESTION YOU WANT ANSWERED LIVE

Think of ONE question you want answered from the webinar. If I don't answer it during the training make sure to ask it during the Q&A at the end.

3. CHOOSE ONE ACTION TO TAKE IN THE NEXT 24 HOURS

To maintain momentum after this webinar, think of one action you can take in the next day or so. Seeing progress is a sure fire way to gain momentum, stay motivated and achieve great results.

{ STEP #1 _____ }

6 STUDY SMART BASICS

STEP #1 _____

STEP #2 _____

STEP #3 _____

STEP #4 _____

STEP #5 _____

STEP #6 _____

NOTES

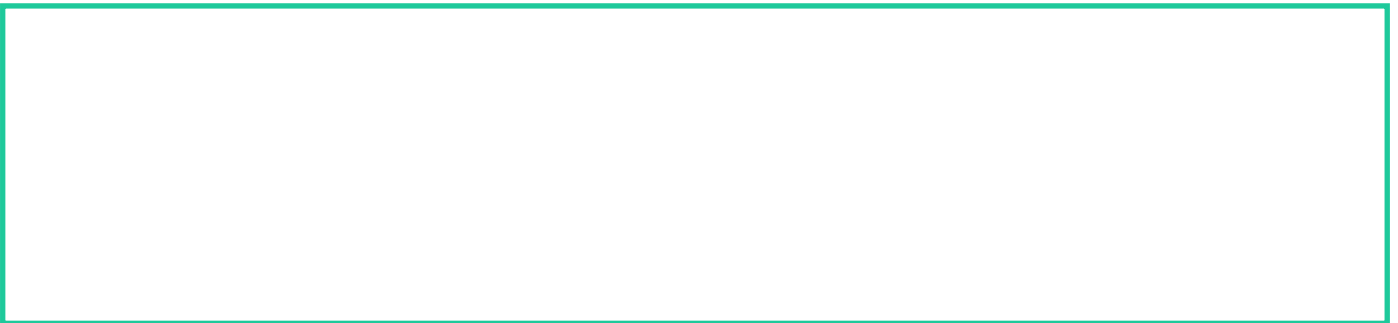


LEARNING VS. LEARNING

LEARNING TECHNIQUES



LEARNING TECHNIQUES



STEP #1 ADDITIONAL IDEAS, INSIGHTS AND ACTION ITEMS



{ STEP #2 _____ }

THE BIG MYTH ABOUT STUDY MOTIVATION IS ...

_____ **COMES BEFORE** _____

'NO EXCUSE' STUDY TASKS

5-10 MINUTES

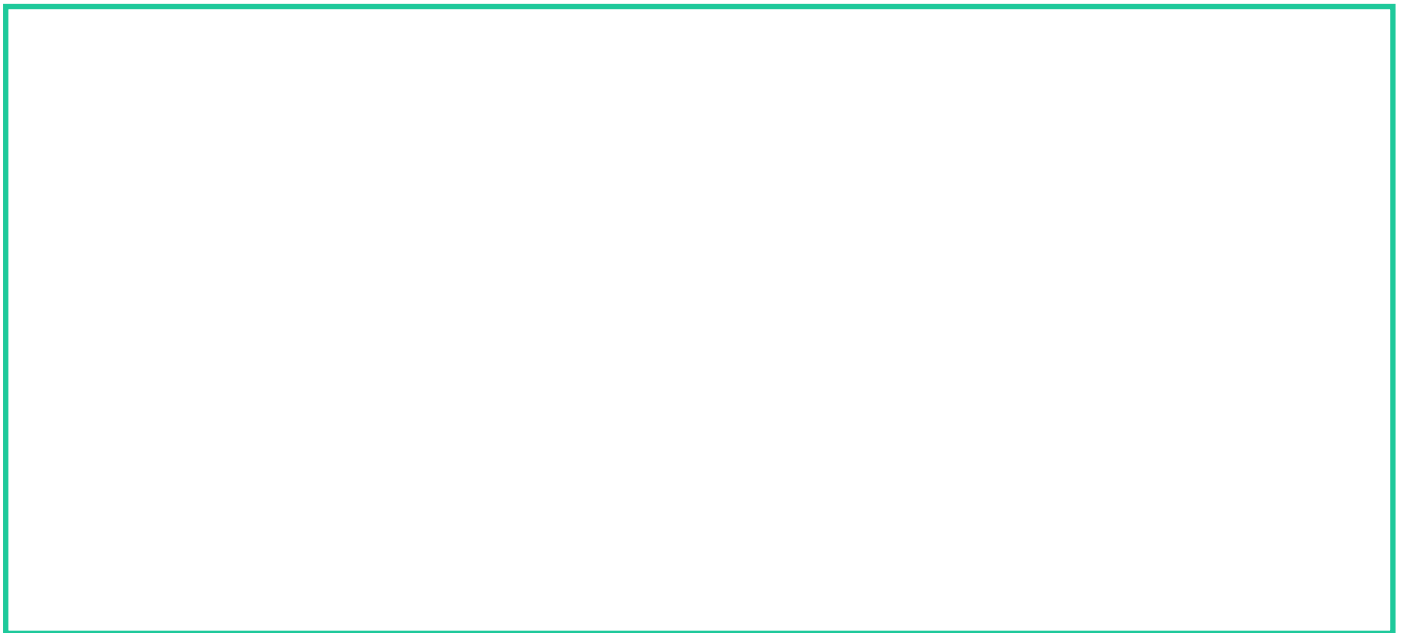
'NO EXCUSE' STUDY TASKS

20-30 MINUTES

REWARDS FOR PRODUCTIVE STUDY SESSIONS

A large, empty rectangular box with a teal border, intended for listing rewards for productive study sessions.

STEP #2 ADDITIONAL IDEAS, INSIGHTS AND ACTION ITEMS

A large, empty rectangular box with a teal border, intended for recording additional ideas, insights, and action items.

{ STEP #3 _____ }

STUDENTS WITH A _____ MINDSET BELIEVE

STUDENTS WITH A _____ MINDSET BELIEVE

3 KEYS TO DEVELOPING A _____ MINDSET

STEP #1 _____

STEP #2 _____

STEP #3 _____

NOTES

TRANSFORM YOUR _____

TRANSFORM YOUR _____

I'm just not that smart



I've failed so I should give up



I don't understand this



I can't do this



STEP #3 ADDITIONAL IDEAS, INSIGHTS AND ACTION ITEMS

THE 3-STEP FORMULA FOR HIGHER UNIVERSITY GRADES

$$\underline{\hspace{10em}} + \underline{\hspace{10em}} \\ \times \underline{\hspace{10em}} = \text{STUDYING SUCCESS}$$

ADDITIONAL IDEAS, INSIGHTS AND ACTION ITEMS