



FROP

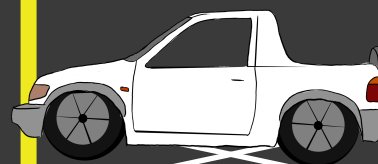
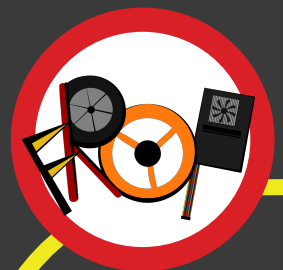
THE MODEL FOR EFFECTIVE ACADEMIC ATTITUDE

The best way to ace any test is to FROP it. FROP is not a word: it is the key to getting into the right academic attitude, it is an emotional zone. What is great about FROP is that all you need is to realize it, be aware of it, and you already have a foot inside. Get into this zone, and you are now focused and ready for peak performance!

There are three emotions that sap focus. If you are not succeeding, beware of the three F's of FROP. The F's are spikes (imagine letter F lying flat) on the road to your success. The three F's pop your tires and just by being aware of them, they won't affect your learning as much.

FAILURE

The feeling of failure in any size, shape or form, saps your energy. It prevents you from performing at your best. Saying "I don't know", "I can't figure this out" are also thoughts that sap one's energy to focus. Change your lexicon to "I don't know yet". "I haven't figured this out yet." Instead of focusing on the marks you were embarrassed about and intensifying that feeling of failure, remember the good marks you got in the past, and how it felt when you sat through a test and answered the questions correctly.





DO THE WORK!

Don't tell yourself to stop feeling like a failure!

Just don't take your failures personal. Accept your failures, and turn failure into feedback. By accepting, you can turn it into a learning experience for the future. Believe in yourself, and your failures won't feel so big.

"I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times. I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."

– Michael Jordan

Try looking at the whole picture. What are your strengths? List 10 strengths, things in which you are better than at least one other person in your life. It could be something that you are more motivated about, have greater interest in, or are more skilled at. It could be some resource that G-d gave you more than He gave someone else in the world.

What are your weaknesses? Where are you just naturally not good, or not interested? List at least 10 areas where you have honestly tried something and not succeeded. You need to know your weaknesses, your natural limitations, in order for you to understand yourself better, and not take the failure personal. If you do not know your weaknesses, you do not know yourself.

List 10 areas where you have succeeded in something important to you. Anything. How did you achieve it? How did you feel when you achieved it?

Now, think about the areas in life where you struggle. Is there any way that you can learn from those experiences how to improve in the future? What are others who are succeeding in this area doing, in order to be successful?

FEAR

Any fear. Fear of failure, fear of missing out, fear of how others might perceive me. Fear that I will not get the mark I wished for. Even if it is fear of success and then failing again, fear saps focus and pops your peak performance tires.

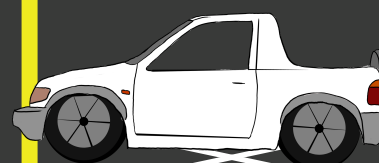
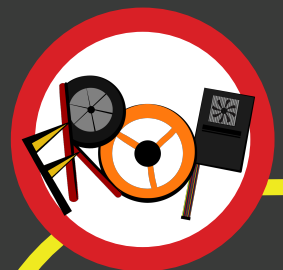
DO THE WORK!

Dale Carnegie said, If you want to conquer fear, don't sit home and think about it. Go out and get busy. Mark Twain said, Do the thing you fear most and the death of fear is certain. Fear of misfortune is worse than misfortune.

Write exactly what you are afraid of. Be specific.

Do not tell yourself to stop being afraid! Instead, ask if the fear is true. How true is it? Take out the time to learn about what you are afraid about, and ask people who can give you valid, updated information on that subject. What is the percentage of probability for your fear to be realized? In what ways can you prevent this fear from materializing? What have people similar to you done, to make sure that this would not happen to them?

What will be so bad if what you fear actually happens? Why would that be so, so bad? How would you deal with it then? How irreversible will it be?





FRUSTRATION

Even if you don't have feelings of failure, and you aren't afraid, you might be frustrated from having tried repeatedly and not having "gotten it" yet. Patience. Usually, the mind says, "I got it!" out of nowhere. Just keep repeating to yourself that you are in the process of getting it!

DO THE WORK!

Frustration, although quite painful at times, is a very positive and essential part of success.

Avoid perfectionism! Learn how to meditate. Learn breathing techniques. Relax your body, act calm and you will feel calm. Take a break from your work, do something you enjoy, to recharge your batteries to deal with this issue.

The key to everything is patience. You get the chicken by hatching the egg, not by smashing it open. — Arnold Glasow

Ask your family, friends and coworkers, what causes you impatience and frustration. They probably know what gets you into such moods. Understanding and recognizing your triggers, helps you deal with them better.

Many people become frustrated or impatient due to physical factors such as hunger, dehydration, tiredness or fatigue. Analyze your body the next time you start to feel frustrated or impatient. A simple solution might be a power nap, a healthy snack or a glass of water!

Learn how to build healthy goals. Remember, expectation is the mother of all frustration.

Your greatest enemies that linger behind the feeling of frustration are thoughts of hopelessness and helplessness. Speak to others who can understand what you are going through, and see in what ways they can offer hope or help.

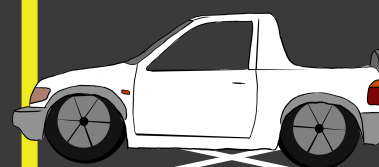
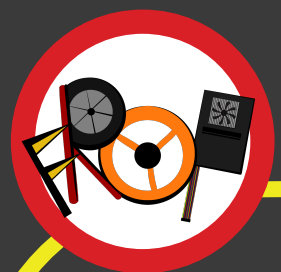
Learn patience from other people who were successful. Learn from Thomas Edison, one of the greatest inventors of all time.

Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time. - Thomas Edison

I have not failed. I've just found 10,000 ways that won't work. - Thomas Edison

Many of life's failures are people who did not realize how close they were to success when they gave up. - Thomas Edison

To have a great idea, have a lot of them. — Thomas Edison





The three R's are like the wheels of your car. You need to be aware of them to keep rolling.



Planning realistic and attainable goals. Aim for 10 percent higher on the next test than on the last test you took. Stay realistic about how much study time is required for you to get the desired mark on the upcoming test, and how much time you are able to invest. Remain realistic about the amount of information it is possible to cover and how much sleep you need in order to stay focused.

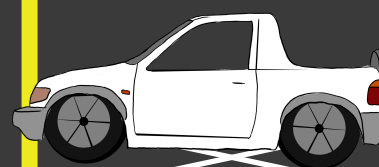
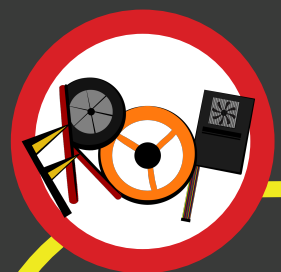
DO THE WORK!

By having realistic expectations we will live a happier life, and a more productive life. Being **realistic** is being someone who has a good grip on the reality of a situation and understands what can and cannot be done, something that is a practical, achievable idea.

Can you make your goal into a SMART goal? SMART stands for Specific, Measurable, Attainable, Realistic, Time-bound. If your goal is not specific, or it is not measurable, or it is not time-bound, it is hard to determine if it is realistic or attainable.

The difference between realistic and attainable is that realistic means someone has achieved such a goal, and attainable is that you can reach the goal from the place you are in. It could be that first, you need to make smaller goals, to work up to the end goal step by step, as the end goal is out of reach. Make sure that your goals are all both realistic and attainable.

When you make realistic SMART goals, the chances are higher that you will achieve them. Once you achieve them, you start rolling. Remember two rules of achievement and performance in life. Nothing breeds Success like Success. And nothing breeds Failure like Failure. By being unrealistic, you are doomed to fail. And by failing, you pop your peak performance tires.





REGRESSION

Regressing is the opposite of progressing. When we read something and feel that we didn't understand, many have the habit of rereading right away. Instead of rereading something that you didn't understand right away, keep moving. You can come back to that difficult question or passage later, and then, it can be easier to comprehend. When studying and while test taking, circle the difficult part, in pencil or in your mind, and deal with it in round two. You can then ask your teacher to help, asking all the things you did not understand, in one meeting or phone call.

DO THE WORK!

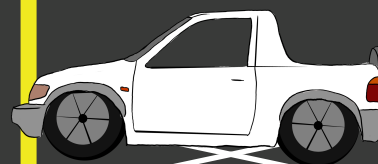
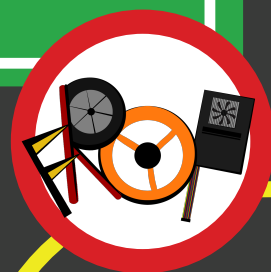
Break the habit of regression. Regression is like taking two steps forward with your eyes and one step back. The rereading habit wastes about a third of every hour you spend reading, about 20 minutes out of every hour!

Look at study or goal achieving the same way you look at putting together a 1000 piece puzzle. The time efficient way to do a puzzle is to do those actions that need to be done anyway, in the swiftest way possible. So, the first step in making a puzzle would be to lay out all the pieces face up. This way you can see what you are dealing with, with what colors you're going to be working, and you can identify all the side pieces. Then arrange the colors in piles, according to the picture on the box. Then start the end pieces. Etc.

The idea is that learning is like putting together a puzzle in your mind, so that you have a clear picture of the message being communicated by the teacher or the book that you are reading. So, the first step is, lay out all the pieces, see in which direction the information is going. To do this, you need to read a quick round till the end, going for only 60 percent comprehension. Do not stop on what you do not understand! Do not reread! You can decide how you will deal with whatever you did not understand in round two. You can read the entire text a second, third or fourth round (recommended), you can ask someone who is familiar with the text or information. But rereading is the habit you must break, in order to enjoy learning. Remember, your greatest enemy is trying to get 100% comprehension the first time around.

RELAX

Relax by removing all anxiety and pressures, scheduling difficult issues or conversations for a day or two after the test. Relax by listening to calming music (no words), the same CD, over and over, can help you block out noise and stay calm while you review for the test. One's state of mind is influenced by the body position. Keep the body in a relaxed, but focused, position. Make a list of 10 things that distract your attention. Parties, nagging younger sister, Smartphones... Keep your distance from them during study sessions.





DO THE WORK!

Just by following the above tools, you are probably already more relaxed. Realize the difference between relaxed, and chilling. Relaxed is not shirking responsibilities, like chilling is, but keeping the responsibilities in mind as challenges that you believe can be solved, in gradual steps.

Stress comes from trying to do "projects". You cannot do a project, it is not actionable. You can only do the actions that are needed for the project, and the project is the outcome of many actions. The best way to relax, while not chilling, is to learn how to make effective to-do lists, broken down to actionable actions. An actionable action is something that you can act upon, and have it done, in less than ten minutes. When you keep your to do list in your mind, the responsibilities seem to jump up and down in your brain. Just jotting down things that need to be done, seems to release the tension, and helps you focus.

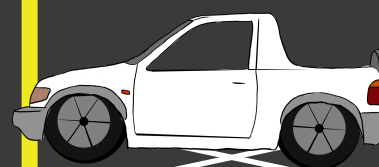
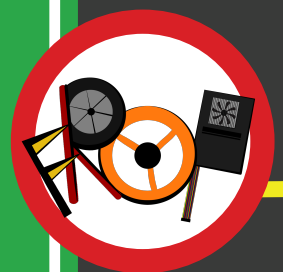
You only have certain options in life. You need to learn to become aware and to accept, where you have options, and where you do not. Learn the Serenity prayer by heart. "G-d, Grant me the serenity to accept the things I cannot change, Courage to change the things I can, And wisdom to know the difference."

The music that helps most for concentration while working and studying is baroque music. Use headphones to help block out noise.

Your physiology greatly effects your psychology. People who go to gym daily, seem to have less chances of getting depressed. It is hard to find a depressed person in the gym. Sit with your feet on the floor, with your back slightly of the chair. Keep your finger on the place of what you are reading, underlining the text as you run your finger at a pace that is slightly over your comfort zone of reading. Keep body in poised position. Do not slump over. Keep your facial expressions calm. Keep your eyebrows relaxed. If the eyes are the windows to the soul, then the eyebrows are your window panes. A person who gets angry, needs to furrow his brow. If he relaxes his brow, he can't be angry. People who are accepting, people who are calm, their eyebrows seem to be in the bow shape. Try to keep eyebrows in bow shape, and relax your facial expression, so that you can release tension.

Make sure to keep up to exercising, especially cardio. Going for a daily walk has been shown to be an excellent way to fight stress, improve health, and help keep you sane. Albert Einstein's theory of relativity was discovered while he was walking. His theory of relativity has to do with your perspective. He pointed out that you can only tell if you are moving by comparing yourself to other objects around you.

By making lists of things that distract you, you will be more aware of them.





The three O's are your steering wheel. They decide the direction you're going in

ORGANIZATION

A proper study plan. An organized study desk, an organized room, an organized schedule, all will give you an organized mind. Improving your organizational skills in any given area will make you more organized in general. Rewrite things in short, in an organized fashion. One of the greatest ways to help you remember is summarizing in as concise a manner as possible.

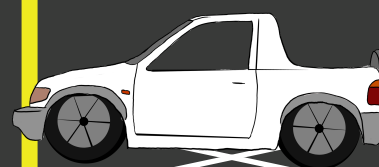
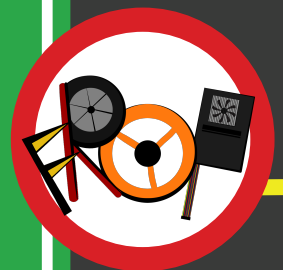
DO THE WORK!

Learn to live an organized life. Learn how to schedule your day, so that you can live your life to the max, so that you can tap into your greatest level of productivity. The only way to do this, is by planning. Anticipating. Being ready for what can happen, in an hour, in a day, in a month, in a year. The people who achieved the most in life, have long term 20/20 vision. They do not know the future, but they get prepared for it in whatever way possible. Most people overestimate what they can produce in a year and underestimate what they can produce in 5 years. The successful people project, in great detail, how things can look in 5 years from now, and work each day on attaining their new goal.

Always think on paper. Always write your goals, your hour goals, day goals, week goals, month goals, year goals, and life goals.

Keeping your information organized, will help you master it. Keeping your goals organized, will help you master it. Keep your to do list on paper, so that you can master it. You can't master what you can't see. Don't keep it in your mind.

When rewriting in short, you give yourself the greatest chance you have at acing the test. Rewriting in short is one of the greatest tools to bring you focus. It is one of the greatest tools to capsule what you know and bring clarity. Rewriting in short will give you the advantage of reading your notes immediately before the test, to do a quick review.





OPPORTUNITY

View the test as an opportunity to grow and advance in life. Value every opportunity you have to get some learning in, even if it is 5 minutes. Look for the opportunity to speak to the teacher and find out what subjects will be focused on in the test. Get a hold of previous tests on this subject by this teacher, if possible. Look at the review as an opportunity to learn and internalize the information of the year.

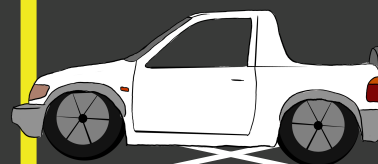
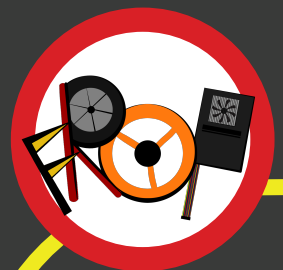
DO THE WORK!

Your greatest gifts from G-d are your opportunities. Similar to sports, if you want to score a goal, you need to find the windows of opportunity, and project into the future, where you might have opportunities. Grab those opportunities!!! That is how you can become great! By staying positive, deciding upon what has most value to you, and looking for all opportunities to make that happen.

Try to make it possible to be in the place of the test, at least an hour before the test. If it is possible, do a review in the place of your test, before the test begins. Make sure you drink enough water before the test. If it is possible, have a bottle of water next to you during the test.

OPTIMISTIC

Believe that as long as you try your best, things will turn out fine. Being around people who believe in you and give you positive feedback promotes optimism. Make past failures into stepping stones to better performance in the future.





DO THE WORK!

It is proven, that people who are more optimistic, are more effective, performing better in all areas. Optimism is about staying positive in the three Pessimistic P's. Personal, Permanent, Pervasive.

Personal – are you taking this whole difficult situation personal? Are you too personal about the things that you are doing, or your performance?

Permanent – How permanent do you feel this problem that you are dealing with is?

Pervasive – Are you taking this problem too far, expanding it to things that are not necessarily connected.

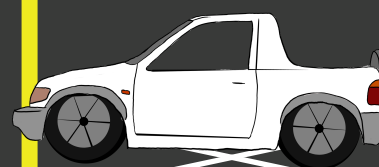
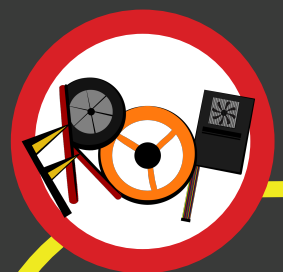
For example: A mother of 7 children, cried to me about her 6th son. Her son was teenage, and was getting into bad habits, like what happens sometimes with teenagers. The mother cried, that she was a bad mother.

This mother sinned all three P's. She took her child's life decisions personal. She looked at the problem as permanent. The child is going through identity crisis. Give him some time, and a lot of love, and chances are he will figure himself out. Then you can give him guidance to eventually find his way. She looked at the problem in a pervasive way, as if she was a bad mother on all of her children. She raised 6 other children who were very productive and successful. How does one child overshadow the rest of the family? Optimistic is staying positive on all three Pessimistic platforms. Personal, Permanent, and Pervasive.

The three P's are your engine, your motivation.



Those who hate tests don't ace them. Instead of saying to yourself and others, "I hate tests!", change your expression in your lexicon to, "I love studying to get good grades!" Similar to going to the dentist, when focusing on the pain of the dentistry while you are in the chair, it will be a much more painful experience than focusing on the healthy smile you will have when it is all over with.





DO THE WORK!

All people who are motivated, are either running towards some pleasure, or running away from pain. Are you learning because you enjoy it or because you are afraid to break the system of your life? Learning is something you can love, if you learn how to learn effectively. Ever thought why people go on vacations, if their house is more comfortable? Because they want to learn new experiences, something the mind loves. But it is only enjoyable, if you know how to learn.

Think about what you can gain by knowing this knowledge, even if it is just learning how to learn this knowledge. What can you gain by getting good marks? How would that feel if you got good grades, and succeeded in being responsible what was expected from you?

Always keep in mind the Stanford marshmallow experiment. A series of studies on delayed gratification in the late 1960s and early 1970s led by psychologist Walter Mischel, then a professor at Stanford University. In these studies, a child was offered a choice between one small reward provided immediately, or two small rewards i.e., a larger later reward if they waited for a short period, approximately 15 minutes, during which the tester left the room and then returned. The reward was sometimes a marshmallow, but often a cookie or a pretzel. In follow-up studies, the researchers found that children who were able to wait longer for the preferred rewards tended to have better life outcomes, as measured by SAT scores, educational attainment, body mass index (BMI), and other life measures.

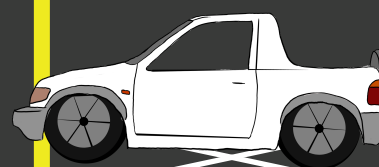
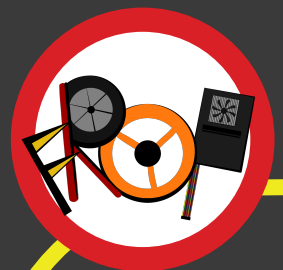


Compliment yourself for your positive academic attitude, for your willingness to take the test, and your rise to the challenge.

DO THE WORK!

Look at the good you have done over the last year and so far this year. This is not to boast or put yourself on a pedestal, but rather it is to help you see that you are a good person and have accomplished some things.

Celebrating success, no matter how small, is the greatest thing you can do to build self-confidence. It is a common mistake to use guilt as motivation. Guilt, feeling bad for yourself, can give you a push to change, but cannot keep you motivated on the long route to change and improvement.





PRAYER AND RAISE

The most important part of acing tests is bringing G-d into the pre-test stress, praying to God to help you study properly and remember what you need to remember. Remember to praise Him for all the tests you pass!!

DO THE WORK!

You are not alone. There's Someone out there to speak to, to cry to. And He's listening to you, even when you mumble. We say every morning, in our first 12 words, "Your faithfulness is great!" God believes that you have everything you need within you in order to fulfill your day, your mission. Why disagree?

The twelve steps of Alcoholic Anonymous include bringing G-d into your challenge to change and succeed, as one of the basic steps. Connecting to G-d, bringing Him into your life, brings you power.

Prayer is the only way to live the day as we really want to live it, with a clear understanding of our purpose and goals, with focus on life's meaning and essence. When seeing life in this light, we tap into unlimited motivation.

