

The Secret Of

SUCCESSFUL LEARNING



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Preface

In a country where corruption is common and morality is questionable we are always searching for the root of these problems. I have noticed that the problem and solution lies within the education system as character is developed mainly during adolescence in which they are influenced greatly at schools as well as the home. Schools are means for child socialization to take place. At school, children not only learn academic curriculum but also social skills, through interaction with teachers, staff, and other students. For example, learning the importance of obeying rules, and being respectful towards teachers and fellow students. At school we must learn to be quiet, patient and sometimes to even act interested and enthusiastic when we are actually not. The social circle of a child is most likely to be mainly composed of friends from school. A student's social circle can be a huge influence on the child because school is where he or she will learn to interact with people and make decisions to either follow or object when their friend's behavior and/or values contradict the norms and values a child obtains from their family. Through friendships the

child forms his or her own values therefore, a child's character can be largely dependent on the education he or she receives.

The problem with this is that the education sector of our country is a concern, public schools are still teaching the way they used to in the industrial era. How ironic it is to have a world that has already changed but the current generation in Indonesia is being nurtured in such an obsolete way. It is true that this is not happening in every school, if it was I wouldn't be writing this, however this is the phenomenon that is happening.

Action needs to be taken to aid the relationship between student and teacher in order to improve the effectiveness of teaching and learning. This book's aim is to inform the reader, about what is really important at school and the challenges along with the ways to overcome them during a school year. I hope that teachers, parents, or even fellow students can find this book both informative and moving.

Of course none of this would be possible without the support of many, namely my wonderful parents who were the inspiration for me to write this book. Thank you so much Mom and Dad for your honest input, ideas, and guidance that have helped this book come together despite the tough challenges that I faced you helped me through it all. I would also like to thank

another important person who has helped me a lot, Ms. Neni Rosmeriana, my Advisor. Thank you for your support and guidance throughout this project who motivated me to do my best. This book would not have been made without the help of all of you.

Maria Monalisa Victorio Handoko

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CHAPTER 1

EXPECTATIONS



“Hello, I am a mother and my child is in high school. I really love him and I want him to succeed so I encourage him to study and study so that he will get good grades and become a successful person in the future.

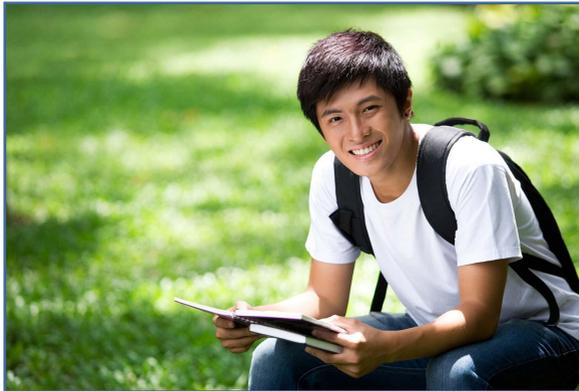
His A levels exams are coming up soon and I have facilitate him with the best education I can provide. I enrolled him to tuition because I know that if my son gets a good grade in high school he will be admitted to a reputable university later on. Maybe Harvard, Yale, or MIT, any of those Ivy league universities and that will definitely secure him of a good job right?”



“Hi my name is Michael. I am a secondary school Math teacher and I want my

students to succeed. This success is obtained if they manage to

reach the learning objectives which means that they have achieved passing grades and live up to the expectation of the school's curriculum. If a student succeeds it means I succeed as a teacher and if they fail, I fail too. Academic achievement is a shared responsibility that we teachers feel. We feel pride when we see that this student who struggled at first but at the end recieved an A. It kind of makes our jobs worth it and validates why we chose to teach. The success is not just theirs, but ours too.”



“Hi there! I’m
J a m i e . A
seventeen year
old teenager. I
go to school
like any
n o r m a l

teenager and is doing my best at it. But you know, sometimes it’s really hard. The tests and everything. Drama, making friends, plus getting good grades, seems like an impossible array

of tasks to complete perfectly. I want to succeed in school and apparently it means getting good grades so I am going to work hard to do it so that I can get a good future and make my parents happy.”



Above are the three common expectations of the three roles. Parents are expected to have children who are successful at school and if they succeed there, they will more likely to succeed in real life. Education is one of the means to climb up the social ladder if the higher education you get, the more you are worth in the society. Of course parents, you want the best for your children and that is great! You encourage your children to study hard and be the best in class so they will enroll in a great university and get reputable jobs.

Teachers, you are a gardener and your students are seedlings that you nurture until they grow into beautiful plants. You keep the plants free from weeds, provide water and give access to sunlight and pretty soon those small seedlings turn into flourishing plants. You do everything that you can to ensure that the seeds you plant today will blossom tomorrow. Your job is to

make sure the student grows and this is measured by grades so your measure for success is their grades.

Unfortunately in reality it is not that easy to succeed. Academic studies might seem like it is the most important thing but they are not. Although we cannot deny their importance but there is something more crucial: *self-esteem*. Why? Hasn't it been proven that if you get good scores you will get into good schools and then you will get into good jobs? All successful people are smart and excellent in their studies so why am I proposing such a ridiculous idea?

An educator once told me that a parent came up to him and asked,

“Why aren't you teaching my children the elements in the periodic table? Back in my school days we memorised all of it and now my child cannot even name a row!”

He simply replied

“Sir, can you tell me all of the elements in the periodic table now?”

The parent was flabbergasted because, of course, he could not recall such information as it was many many years ago. That conversation shows that at school the things that you learn might not matter later when you are older. What use is the knowledge

of chemical bonding if you are going to be a poet later on. The same goes for the parent, what use is the periodic table at his age? I can predict that it does not really matter. So what actually matters? It is the process of how the students learn that sticks until they grow up.

Imagine you are a student, who always manages to be in the top 2% of your school, or even your country but you do this because your parents constantly remind you to study. In high school, your identity was the “smartest student” and you lived up to that title. Years later, you got into an ivy league university but when you get there you are more likely to develop an inferiority complex which means that you must always be number one but in reality there is always someone better than you.

When you realise that you are not the best student like you always have been back at high school makes you lose your identity and now what you will do is to be “yourself” again by getting good grades as before by any means necessary if it means cheating as you are justified by the results.

That is studying, not learning. We cannot survive the twenty first century with just merely studying. Students must be equipped with the proper mental strength to be able to survive

the competition and truly be successful. This is achieved by having a good self-esteem.

Defined by the Oxford English Dictionary as confidence in one's own worth or abilities. Self-esteem is the first step for success whether it is in academics, work, love life, or anything else. If you have a good foundation of self-esteem that is already one step closer to your goal.

Self-esteem, according to Dr. Josephine Kim, a professor in Harvard Graduate School of Education is the most important thing because when you have faith in yourself, you are confident and you believe in yourself no matter what. You can do anything. Become anyone. On the other hand, if you have low self-esteem it will block you from achieving your potential. Automatically you withdraw yourself from others because you think you are just not good enough. When that withdrawal begins you block yourself from the opportunities and chances that you could have taken. And then you end up with nothing, because you feel like you are nothing.

Now the first step for improvement is admitting your mistakes, so the following is a self esteem “checklist” by Dr. Josephine Kim, that can give an idea whether you have low self esteem or not

Self Esteem Checklist

1	<p>I feel like I'm unworthy of happiness and when I speak people don't listen to me.</p> <p>You feel like you don't deserve the things you have. You don't take full credit for your hard work because you think you haven't earned it, you did it because of something else and you deny compliments people give you.</p>	
2	<p>I have refused an invitation because I disliked the way I look.</p> <p>This means you are dissatisfied with your body image and you think that other people judge you based on that. You simply don't want people to say bad things about you because you know you look bad so the best option is to stay home.</p>	
3	<p>I am influenced by other people's opinion more than my own.</p> <p>Do you believe that other peoples opinions are more important than yours? When you want to join an extracurricular activity, badminton for example, but your friends say that you're not good at it then you're going to end up being absent a lot. Then you automatically believe them and not join the extracurricular.</p>	

4	I'm generous to others but strict towards myself. You give wonderful compliments to other people that you think are successful and you excuse their errors, but the tiniest mistake you make becomes another excuse to beat yourself up into a mold of nonexistent perfection.	
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Take a moment to reflect on how you value yourself.

CHAPTER 2

The Situation

Social Media and Peer Pressure

Having a good level of self-esteem is a challenge that many people face during their teenage years, especially nowadays. Social media has helped us connect and share and it is attached to our daily routine, we see it everyday, everywhere. It becomes our environment, but it also creates another world for us. A world where we are measured by our likes, followers, subscribers, re-tweets, and so on. Numbers measure our worth in the social media world and it makes us forget the real world. To an extreme extent, a teenager might start to think that academics don't matter. Social status is what really matters.

Measuring yourself with number is something that is insatiable as you will always want more and because there is always someone who has more followers, more likes, then your self worth decreases. Social media has arguably made teenagers all around the world feel the need to *fit in* more than ever before. You just have to keep up with the latest trends or else people will call you lame. Your posts need to be popular and your followers needs to be plentiful. There are just so many demands just to be “cool” nowadays.

“Why do I only have ten likes?”

“Was the selfie that I posted ugly?”

“My nose is too big, may be that’s why.”

“Why can’t I be like her that has a thousand followers?”

Questions like these arise as you start measuring yourself in the world of social media that lead you to the road of insecurity, depression, and low self worth. As a teenage girl felt it too. For a short period of time I was trying to get more likes on Instagram and lose weight so that people would say I look good. Then I thought to myself, do I really want to let myself be defined by my looks, by the amount of hearts on my Instagram page? As I read books about inspirational people like Kartini, watched a inspirational speeches on Youtube, and was exposed to a supportive environment both in my family and my choice of media, that superficial mindset began to change.

As I watched Lizzie Velasquez’s TED talk on Youtube. A motivational speaker from Texas who has a rare disease which makes her unable to gain weight, that might seem like a dream for many of us but in her case, she is an adult that weighs only 60 pounds. She is also visually impaired and has only one

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