



ACADEMIC SUCCESS FOR ALL:

**THREE SECRETS TO
ACADEMIC SUCCESS**

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Academic Success for All: ***Three Secrets to Academic Success***

INTRODUCTION

The first time I went to college, I dropped out after one semester. Convinced I both wanted and needed a college degree, I tried again. And again. And again. For me, it took five attempts at college before I eventually earned my first degree.

I have written this book for anyone who is concerned that something similar or even worse might happen to you. Having earned four academic degrees and spent 15 years teaching in colleges and universities across the United States, I have come to an understanding of education that is not widely shared with the general public. I have written this book to share that understanding with you.

In Chapter One, I explain three truths about academic success that you need to know if you want to succeed in school. Your struggles to succeed academically may simply be due to a misunderstanding of these three simple truths about learning and succeeding in an academic setting.

To help you understand whether your mindset is conducive to academic success, Chapter Two of this book contains three easy to administer tests. Completing these three tests will help you to determine if you have the right mentality for academic success. Once you have completed these three simple tests, you will

have a much better understanding of why you struggle to experience success in school while others make it seem so easy to achieve. You will also have some insights about the changes you may need to make in order for academic success to be yours.

Knowing how the minds of successful people differ from your own can give you a tremendous boost, but the ability to adjust your mind to work like that of a successful person's is perhaps the most powerful tool you can have. That is why in Chapter 3 I teach you how to actually change the way your mind works. In this chapter I introduce you to the growing field of energy psychology, which is being used by coaches, medical professionals and therapists and by individuals who want to change the ways their brains respond to specific forms of environmental stimuli. I tell you about a revolutionary form of meridian tapping, called Emotional Freedom Techniques, or EFT. EFT combines knowledge that has recently emerged in the field of psychology with knowledge of the body's energy system that has existed for centuries. In fact, EFT uses the same meridians that are used in Chinese acupuncture. But unlike acupuncture, you can do EFT yourself. And because EFT is so easy to learn and simple to use, you can use EFT to overcome just about any barrier you can identify as standing between you and the success you desire, including the discoveries you make about yourself that explain your struggles to succeed academically. And using EFT is safe. Reported side effects of EFT include increased feelings of calm, greater clarity about how to proceed in life, and increased happiness.

Today EFT is being used by thousands of people who wish to alter the patterns in their brains that they have identified as blocking their access to success. In fact, a

recent study of college students who experienced pre-test anxiety showed that EFT was effective at reducing their anxiety. Because numerous studies have demonstrated the challenges that stress and anxiety place on one's ability to learn, students who can lower their anxiety generally perform better on tests.

If the main reason for your inability to succeed in your academic pursuits is pre-test anxiety, you can skip right to Chapter Three to learn how EFT can help. But chances are your success is limited by more than one factor. Reading Chapters One and Two will help you to identify all of the factors that stand between you and your academic success.

About the Author

Before I share with you the three secrets to academic success that anyone pursuing an academic degree must know, I would like to tell you a little bit about myself and how I came to an understanding of these three secrets.

Today, I have four different academic degrees, including a doctorate from Harvard. But my path to earning these degrees was not an easy one. In fact, I dropped out of college *four times* before I finished my first degree. The challenges I faced upon entering college for the first time not only took me by surprise, they completely disrupted everything I had consciously believed to be true about myself up until that time, especially my belief that college success would be easy for me.

In addition to having spent a good many years of my adult life as a college student, I have also spent more than fifteen years teaching college students at every academic level. And I have run a successful dissertation coaching business, helping doctoral candidates finish their research, write their dissertations, and complete their degrees.

You see, my understanding of the three secrets to academic success that I share with you in this book comes from not only my own experiences as both a college drop out *and* a successful college graduate but also my interactions with and observations of thousands of college students whom I have taught, worked with, counseled, coached and guided throughout my career.

I am also someone who once struggled to overcome difficult emotions and behavior patterns that interfered with my ability to achieve my goals. I spent years exploring different healing modalities in an effort to overcome the emotions, behavioral patterns, and self-limiting beliefs that stood between me and the life I dreamt of having. Nothing in my experience has been as effective as EFT. Using EFT I have been able to completely change my life and to experience a joy in living that previously eluded me.

I am truly excited to introduce EFT to others who might be struggling as I once did. I feel certain you too can change your life by using EFT.

Did you know that an average of 40% of people who enroll in college in the United States today drop out before completing their degrees? I was once one of those drop-outs. But you do not have to be.

By the time you have finished reading this book, you will know exactly what to do to succeed academically. You will have three simple tests you can take to assess your own readiness to succeed. And, if you determine that you are not yet ready for academic success, you will have a tool for aligning your conscious desire for academic success with your subconscious mind, so that you are primed to succeed in your academic pursuits.

So let's begin.

CHAPTER ONE

Three Secrets to Academic Success

What I remember most about the first semester I attended college is the feeling I had that everyone around me knew something that I did not know. Though I had been a very successful high school student, I had a very hard time earning passing grades in my college courses. And after one semester, I dropped out.

When I began teaching college students, I met many bright people whose potential thrilled me. But so many of the students I met could not seem to do the work they needed to do to succeed in college. These students failed to come to class or consistently arrived late, did not do their homework, were disruptive in class, and refused to seek out and take advantage of all the additional support available to them for their studies.

My experiences with these students convinced me their failures to perform had little to do with their intellectual abilities. Rather, some students simply seem programmed to automatically self-sabotage their efforts. I often wondered what I could do to help these students stay focused on their studies so that they might reap the benefits that accompany academic success.

As I continued to pursue my understanding of human development and psychology, both through formal and informal education, I began to understand the way our early life experiences shape the way we go through life as both teenagers and adults. All people are born with unique gifts and talents that are not common to everyone. But what we do share is the capacity to learn and grow. However, our early life experiences impact that capacity, which in turn impacts our ability to succeed in institutions of learning.

These three secrets to academic success reflect my understanding of what made me, and so many of my students, different from students for whom college success comes easily. I present them in a way I hope will help you to understand how early life experiences contribute to patterns of action and reaction that are continually being reinforced throughout adulthood, unless we consciously make efforts to change them. What I offer here are some basic explanations of the ways our mindsets are shaped by early life experiences and the impact that these mindsets have on our capacity to learn and grow as adults. Hopefully, you will find these explanations illuminate the reasons for some of your own struggles to succeed in school and give you hope that you too can achieve academic success.

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