

# 40 Ways to Be Successful in School (Summary + 10 Bonus Tips!)

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1. Rely on systems, not motivation
2. Review any new information you've learned on the same day
3. Write everything down
4. Create a rough weekly schedule
5. Get rid of distractions before they become distractions
6. Develop good posture
7. Don't multitask
8. Cultivate the belief that intelligence isn't a fixed trait
9. Work in short blocks of time
10. Exercise regularly
11. Be organised
12. Break big tasks into smaller ones
13. Get at least 8 hours of sleep every night

14. Create a conducive studying environment
15. Keep track of important dates, deadlines, etc.
16. Take notes during class
17. Ask lots of questions
18. Eat healthily
19. Do consistent work
20. Manage your thoughts and emotions
21. Take a few minutes to prepare for each class
22. Give yourself rewards
23. Manage your stress
24. Do and submit your homework on time
25. Challenge yourself
26. Make time to relax
27. Be consistent about your study time
28. Have a specific plan or objective for each study session
29. Use memory techniques
30. Test yourself periodically
31. Take practice exams under exam conditions
32. Start studying for tests at least one to two weeks in advance
33. Find ways to help others and contribute

34. Develop a sense of purpose
35. Don't blame others
36. Hang out with people who are motivated and focused
37. Analyse the mistakes you make in tests and exams
38. Pre-commit to specific behaviours and habits
39. Keep a "done" list
40. Don't try to remember to do things; make it impossible to forget

(BONUS) 41. Learn to say no to the things that aren't your priorities

(BONUS) 42. Lead a balanced life to ensure that you don't burn out

(BONUS) 43. Don't complain about anything, so you'll develop a positive attitude

(BONUS) 44. Participate in class to stay engaged

(BONUS) 45. Ask for help when necessary

(BONUS) 46. Set goals that focus on the process, not the outcome

(BONUS) 47. Be punctual for class every single time

(BONUS) 48. Do filing weekly or fortnightly

(BONUS) 49. Sit at the front of the class whenever possible, because this will help you to focus better

(BONUS) 50. Stay on top of the new material you learn

# 1-to-1 Coaching Programme for Students

I work with students to equip them with the mindset and skills for success.

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