

# Becky Blake

study skills for rockstars

## A note from Becky Blake:



The idea of having to “study” as well as do “homework” is overwhelming and ridiculous to most teens. You mean there’s MORE stuff to add to the never ending pile of expectations and responsibilities and LESS time to do the fun things in life? Get out of town!

Let’s face it. There are a thousand things most of us would rather be doing other than homework or study. Even picking lint out of our bellybuttons rates higher on the preferred list of things to do.

I was exactly the same. My year 11 school report shows me periodically failing subjects which I had the ability to be outstanding. I’d not hand up assignments, but then ace the exams based on what I remembered in class. Until there became much more to remember and my exam grades started dropping too...

**What was the reason for this?** There were so many things I’d rather do. I had my own successful business, teaching piano, which took up a fair bit of my time, I did dance classes and I had a ripper of a social life. I’d much rather be hanging out with my friends than doing schoolwork. So I chatted to my friends on the phone for hours and

avoided assignments, leaving them until last minute and not getting them completed on time. My organization was terrible, my attitude even worse.

**But towards the end of year 11 it got harder.** There was more stuff I had to remember in many different areas. My test results started to dive also. I remember considering leaving school at the end of year 11. A friend of mine was leaving and getting a job in retail... I could do that too. It sounded glamorous. But my heart really wasn't in that direction. I went down to the beach, went for a long, long walk and had a think.



**If I continued the way I was going, I wasn't going to get through year 12 very well and certainly wasn't going to have many options.** Was that what I wanted? I didn't know what career path I wanted, but it certainly wasn't one of uncertainty. I wanted to be successful, but I didn't know how to do it, especially with all the other things I wanted to do rather than study.

**I eventually made a pact with myself.** I would do what I needed to do, first, before anything else. I would get my assignments finished on time. I would try and find some better ways of consolidating my knowledge so there wouldn't be all the last minute cram sessions.

Year 12 started and a term later I was getting straight A's and B's and comments in my report stated things like, "I am most impressed with how Becky is completing work on schedule" and, "Becky is a mature and organised student".

So, what changed? Two things.

**1. My organization**

**2. My headspace**

Notice I didn't say, "My motivation". I wasn't terribly motivated. Remember, I didn't have a specific goal to work towards. But I was doing it. Not thinking about it, not avoiding it, but **DOING IT!!**

My headspace might not have been "motivated" in the true sense of the word, but it was clear enough not to let negative thoughts complicate things and it was clear enough to keep my pact with myself. I got what I needed to get done, first. I worked on things little by little and I developed strategies to help me retain what I'd learned in class. I learned how to use my diary. None of this took me any longer than it had the previous year. I still had plenty of time to teach my 30 piano students, do my own music practice, have my hobbies and see my friends. I actually became more efficient with my time in all areas of my life and could fit a lot more in. I aced my 5 exams and was accepted into the Arts degree in psychology at University. Then a whole new chapter began... but that's another story!

In this How To Study Like a Rockstar bundle, you'll find a whole heap of tricks, ideas and strategies to help you make the most of your brain, your memory and your strengths in learning. Try them out and then adapt them to suit your style of learning. Or make up your own strategies. Make sure you email them to me if you do; I love hearing about new ideas.

I also focus on helping you change your headspace towards study and homework. There are lots of ways of looking at things that will help you to do that. But ultimately it's up to you. The secret to being happy is simply to decide to be happy. Now. Not when you're more successful or getting better grades.

**NOW.** It's the ancient Zen philosophy. Be happy **NOW**. Put the negativity aside and accept yourself. Once you do that, the world is your oyster and opportunities you never imagined will be opened up to you.