

BETTER GRADES IN LESS TIME!™

FOUR STEPS OF THE READING EXERCISE

1. FULL COMP. FROM BEGINNING
2. 2 X SPEED FROM BEGINNING
3. 3 X SPEED FROM BEGINNING
4. FULL COMP. FROM WHERE YOU LEFT OFF
(PRACTICE 15MIN TO 30 MIN/DAY ON NOVELS.)

FOR MORE ENERGY AND FOCUS

TAKE BREAKS!

GET YOUR BLOOD FLOWING!

FOOD FOR THOUGHT - FRUIT!

JUST FRUIT UNTIL NOON = MORE FOCUS AND ENERGY!

AVOID: SUGAR, TURKEY, CAFFEINE, LARGE MEALS, HIGH CARBOHYDRATE MEALS.

LIGHTER MEAL = MORE ENERGY.

POWER NAPS: 20 MINUTES OR LESS.

SLEEP - BIGGEST FACTOR AFFECTING CONCENTRATION AND MEMORY! GET 8 HRS.

10 DAY CHALLENGE: 8 HRS SLEEP & WAKE UP AT THE SAME TIME EACH DAY.

MEMORY

WE FORGET 50% - 1HR.

WE FORGET 80% - 3 DAYS

INCREASE RETENTION 30% - BY TAKING NOTES!

INCREASE RETENTION 40% - WITH VISUALS!

WHEN STUDYING, COVER NOTES AND RECALL INFORMATION. RECALLING CORRECTLY INCREASES RETENTION TENFOLD!

MORNINGS AND NIGHTS - BEST TIME TO MEMORIZE.

MAKE USE OF WASTED TIME

INDEX CARDS - REVIEW IN THE CAR, ON LINES, BETWEEN CLASSES.

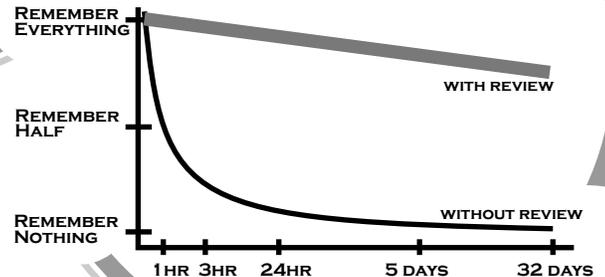
GET PAID TO STUDY - FIND A JOB WHERE YOU CAN STUDY DURING SLOW TIMES.

REVIEW NOTES AS PEOPLE ARE ENTERING AND LEAVING CLASS

KNOWLEDGE IS NOT POWER

IT'S POTENTIAL POWER. TAKING ACTION ON KNOWLEDGE IS POWER!

REVIEW WITHIN FIVE HOURS



"WHEN YOU PUSH YOURSELF, YOU FIND OUT THE DIFFERENCE BETWEEN THE RESULTS YOU'RE PRODUCING AND WHAT YOU'RE TRULY CAPABLE OF."

- GARY



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