

ACADEMIC EXCELLENCE

Is achievable by you



Udom Adaeze Charlyn

**IN ACADEMIC EXCELLENCE
UDOM ADAEZE CHARLYN
CREATES AN OPEN DOOR FROM
WITHIN ON HOW VIRTUALLY
ANYONE CAN BECOME AN "A"
STUDENT.**

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Academic Excellence

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BEHOLD YOUR SUCCESS

INTRODUCTION

God of the earth, the galaxies and the entire universe, God of humanity, God of the world, God of both light and darkness, God of the oceans and the great deep sea, God of peace and God of mercy, God of love and God of Justice.

Empower me, Empower me oh Lord. Amen.

HOW TO EXCEL IN YOUR ACADEMICS

Every prospective "A" student must develop a number of success systems. And we will go over them in detail in each mini chapter.

1. THE FIRST ONE IS YOUR BELIEVE SYSTEM

Your belief system has an enormous impact on whether you succeed or fail in life. As we get right to the point, I would want to ask you a few questions, and I would like you to think about each one.

- Who are you?
- What are you created for?
- Are you born to be great or born to be a Nobody?
- Do you have the will power to break through the illusion doors of impossibility?
- Are you intelligent?
- Were you born intelligent or are you willing to become intelligent?
- Do you have the creative power to recreate your surroundings, and ultimately your life?

As you consider and answer these questions in your hearts, I would like to encourage you with one truth that, if accepted, will change your life forever. Simply said, the truth is this:

EVERYONE CAN BE INTELLIGENT!

The Inspiring true-life Story of the black American Ben Carson

Benjamin Solomon "Ben" Carson, Sr. (born September 18, 1951) is the Director of Pediatric Neurosurgery at Johns Hopkins Hospital and an American neurosurgeon. In 2008, President George W. Bush presented him with the Presidential Medal of Freedom, the nation's highest civilian honor. Sonya Carson, Carson's single parent, raised him. Throughout primary school, Ben struggled academically, but with the support of his illiterate mother, who taught him the value of hard work, discipline, and tenacity, he rose from the bottom to the top of his class. His mother used to make him complete his homework, review his class notes, and read decent literature rather than watching movies all day. She also forced him to summarize the books he had read before pretending to read what he had written. Thus, he started to excel in junior secondary school and throughout secondary school. After graduating with honors from Southwestern High School, he attended Yale University. Ben learned to have a cheerful outlook as a result of this procedure, which was directly tied to his level of achievement and medical breakthrough to date. Carson went on to become the first surgeon to successfully separate conjoined Siamese twins (the Binder twins) at the back of the skull. The 50-member surgical team, commanded by Carson, labored for 22 hours, effectively separating the twins, and allowing them to live freely.

Carson recalls: "I looked at that situation. and said, 'Why is it that this is such a disaster?' 'There's got to be a way around that.

There has to be away around that, there has to be away around every situation that seems difficult.

You, too, should ask yourself a question about change, a question that will push you to break free from your current situation.

I am not saying you were born smart or not, or that some people have not always been the top in class; I am just saying I know a lot of individuals who believed in the possibility of change and progress, and in God as the provider of all good things.

Thus, I want to share this truth with you that you are intelligent. Never ever compromise the truth in you due to your present circumstance. Maybe you got a F on the first test and a D on the second, while some of your friends got two A's, and you go all out to conclude within yourself: "She's more intelligent than me" or "his more intelligent than me", or "he was born intelligent and I was born unintelligent"; "His parents are educated and mine are illiterate"; "He is from a wealthy family, so he has all the resources to be intelligent" or "She comes from a humble family, but God has blessed her with exceptional intelligence." well guess what? All of those excuses can and will be downplayed by me, and you want to know why? Because excuses are so varied, plentiful, simple, inexpensive, phony, prejudiced, and uninformative, as matter of fact ***“excuses are the cheapest commodities to come by.”*** And, if you think hard enough, you will agree with me. Individuals have learned to be incredibly creative when it comes to making excuses; in fact, some humans have utilized all of their creativity to invent excuses.

Instead of affirming your excuses, I would like you to read this aloud to your hearing:

“I am wonderfully and fearfully created by God” The Holy Bible

“Success is my name; intelligence is my birth right. No more! I am no longer accepting defeat”

“I am an all-A student; I assimilate information fast, amazingly fast! I pass all my subjects in flying colors!”

“I am created in the image and likeness of God; therefore, I refuse to be defeated, I am a rising star, I must be seen as a shining star amongst my peers.” Whatever the circumstances, nothing is permanent, and your own story, like Ben Carson's, would change. It is critical that you have an unobstructed view of yourself and how terrific you can be. When Peter told Jesus about all the rumors about who the people in the community thought he was, Jesus Christ went on to ask him: **“But who do you peter say that I am?”** The Holy Bible. Regardless of what others say, having a consistent vision of yourself or your own mental opinion of your circumstance is critical since it is the greatest transformative agent in your life and destiny. There comes a point in a man's life that what his thoughts are become what he is. After what everybody says about you, the most dominating question that should remain in your heart is, “who am I?”

“So, what of you? Who do you say you are?”

Yes, your previous reports stated this and that, your professors stated this and that, and possibly your parents and guardians stated this and that. But who are you, exactly? Who do you think God says you are based on your interpretation of the scriptures? You must accept God's

plans for your life. I could go on and on about this chapter, but I'll sum it up this way:

**Success is not by chance, intelligence is not by chance,
People reflect their most inner believes and thoughts, people
reflect their inner interactions with themselves.**

HOW TO CHANGE YOUR INNER MOST BELIEVES ABOUT YOURSELF?

“Choose best words to speak and say them in the best feasible way.”

The Holy Quran

Every morning when you wake up, say these words to yourself:

- I am too bright
- I am an all “A” student
- I am highly intelligent
- I was born to be great, and I am great
- God loves me and I am committed to making him proud.

Do not ask me why; just say it, okay; I know you are curious and bright, so I will go ahead and explain it to you.

It is this simple:

**Your beliefs forms your thoughts
Your thoughts forms your words
Your words forms your actions
Your actions forms your result
Your results forms your life**

Now, in order to transform your belief system, we must begin there. By repeating those affirmations every day, you are taking control of your life and erasing any other belief that is incompatible with the level of academic excellence you seek, and over time, the cores of your being will change; you will find it difficult to say a subject is difficult or hard; you will begin to ask the right questions like:

Why is it that I find this seemingly simple subject so difficult? How can I despise this topic so much when almost everyone I know is passing it? Surely, I cannot be as stupid as the previous; I recall that I was once a bright student who lost faith in myself; now, how can I regain my faith in myself? These kinds of questioning and thinking patterns will start to arise in you, leading to a new perception, a new reality, and ultimately a transformation in your essential beliefs.

This is why it is particularly important that you affirm to yourself daily, after your prayers in the morning and night, for at least thirty-one days. By changing your words, you can change your life; *meanwhile is important that you affirm with joy, happiness, and an inner conviction that what you say out to yourself is the truth.*

What you are doing when you affirm is to change your thoughts by changing your word. It thus goes like this:

CONSCIOUS NEW THOUGHT PATTERNS

Your words forms your thoughts
Your thoughts forms your actions
Your actions forms your result
Your results forms your New beliefs
Your new beliefs forms your life

I can promise you that your remarks have a profound impact on your life.

2. THE HARD READING SYSTEM

“Sometimes ignorance becomes the cause of oppression”.

The Holy Quran

You now know that you can be anything you want to be nothing can stop you; you were designed for excellence; greatness is your birthright; you are brilliant; you were not born to be at the bottom of your class; you have sparked the change factor through your new believe system of excellence.

Your reading system is the next system that has to be improved.

In a day, how many hours do you read? In a week, how many days do you read?

The human brain is similar to a computer in that it only has what you put in it; now that you know that you have nearly the same capacities as everyone else in your class, and if you believe you are intelligent, this new knowledge should motivate you to study harder. Nothing worthwhile comes easily; you must study every day, practice, and absorb every new topic given in class; no day should pass without you looking over your notes, doing all of your assignments, and reading your textbooks in accordance with your syllabus.

Greatness lies in the man who is ready to study greatly, never ever pick fun, idle-talk, partying, movies, over your studies, your future.

God in you has called you to greatness; now it is up to you to accept greatness by being responsible with your time and being the finest version of yourself. Never, ever give up on yourself; never, ever give up on the person you see in the mirror, no matter what your circumstances are or have been.

I have a true-life story I would like to share with you:

It is about these twin twins; one became extremely successful with his wife and beautiful children, and when people asked him how he achieved it, he answered, "What can I say, I grew up in a terribly problematic family; my father was a drinker and always beat up my mother." Because of how horrible it was, I made a pledge to myself that I would never be like my father, and I fought extremely hard to keep that promise." "How did you become this failed and a drunk?" people asked the other twin brother, who was a failure and a drunk. "What can I say, I grew up in a very dysfunctional environment; my father was a drunk who always beat up on my mother," he said. I was completely destroyed as a result of how horrible it was; I didn't have a role model to look up to; I had no choice but to be thus unsuccessful."

That is the way things are in life. You become exactly who you want to be, so it is critical that you build a shield around yourself and maintain control over how you perceive information from your surroundings. Never let your current situation to control your life. As difficult as life may be, God cares for you, God loves you, and you can overcome your current situation with God's help through prayers and faith.

I say this to you because I understand that it may not be totally your fault: you may be suffering excessively for your age, you are aware of

the conditions surrounding you, and your situation may differ from that of other children, but you must understand that nothing is permanent. If you want to see a change, you must believe that you are the one who can bring about that change through hard effort; you must study diligently and console yourself with the bright future that awaits you if you embrace the challenge and work hard to overcome your current situation.

Greatness is your birth right! You were not born to be the last, you were born, created, and fashioned by GOD TO BE THE BEST.

You are the best.

3. THE FLOCK SYSTEM

“Show me your friend and I would show you who you are..., can two move together except they agree?” *The Holy Bible*

The person you call your best friend, or your closest friend, is at least 70% like you, because two can never move together except they agree.

That is two cannot move together, except they share same values, except they are heading in the same direction.

- Now who is your best friend? Or who do you spend most of your time with?
- Who do you regard as your closet friend(s)?
- Who is the person you confide most in?
- Who do you spend most time with in school and at home?

That individual is remaking you; your friend is remaking your thoughts, aspirations, belief systems, attitude, and life path (s).

This may appear to be too simple or amusing, but the most basic principles of life are the simplest; the artificial laws are the most difficult.

Simple life principles include the following: what you throw up must surely come down; what you eat must surely excrete; once it is morning, darkness must vanish for a new dawn; and who you follow recreates you.

They are, however, the true principles that govern life and the world in which we exist.

When I was younger, I believed that I had a strong will and that no one could ever change my beliefs or me, until I realized the truth, which is beyond the physical, but in the metaphysical; this is why, when you're walking with a friend and he or she starts singing a song, you immediately blot out: "That's the exact song I was singing in my head!"

Why do you believe this occurs? It is just because you are friends!

Every word you hear and every conversation you have alters you; every word creates a mental pattern in your mind. Consider the impact of spending a significant amount of time with someone - discussing and debating with them.

If you want to be an "A" student, make friends with "A" students, and spend as much time with them as possible; if you want to be a failure, hang out with failures; if you want to be great, hang out with people who share your goals.

“See as a man diligent in his work, he shall stand before great men”

The Holy Bible

Why? Because great men are diligent in their work! That is the only reason they are great; this is not a scientific or a gracious answer, it is the simple truth.

People prefer to move with people who are similar to them; no one wants to move with someone who dismisses everything they say or disagrees with them on every single topic; people prefer to be with people who are similar to them, with whom they can easily be themselves. That is why a diligent man would stand in front of a great man since they both respect hard effort and a cheerful outlook.

If, for example, you are constantly with a group of friends to whom you cannot say, "Let us go study, let us go ask the teacher questions, let us go for the extramural class, let us go the extra mile for greatness," you are with the wrong group of friends. If you are studying with friends who are not doing well, you should double-check your friend list to make sure you are studying with the correct people. Making a decision that can move me forward has never been my greatest fear; rather, not making a decision that can move me forward has always been my greatest fear. Because I know eagles soar alone, I have never been afraid of being alone.

Even if it means being alone for the time being, before making new friends; my love, be alone for the time being. Hold on to this truth as you push beyond your current circumstances into your new reality. Greatness is in your hands, your destiny is in your hands, and you can be whatever you want to be.

“Pick your friends wisely, and unpick your friends wisely”

Readers interact with other readers, failures interact with failures, great brains interact with great minds, thieves interact with thieves, honest men interact with honest men, smokers interact with smokers, dreamers interact with dreamers, and so on.

That is why Joseph's brothers attempted to kill him in the Bible because they were not dreamers, while Joseph got promoted at every opportunity when he met another dreamer.

This demonstrates that your promotions are related to the people with whom you spend the majority of your time.

Please promote yourself by moving with 'A' students; and 'A' students as they may look or seem, beware that you are an 'A' student and follow your kind!

“Change doesn't come from outside in, it comes from inside out.”

Show me your friends and I would show you who you are.

4. THE CULTURE SYSTEM

The culture system is concerned with your student life: what time you go to bed at night, how early you get up to go to school, how much attention you pay to classwork, what you do in your spare time, how you interact with your classmates and teachers; all of these habits make up your cultural values as a student. It refers to your current student behavior as a whole.

It is crucial that you have a sense of what it is like to be a student. No, I am not suggesting that you should be stereotypical or inflexible. I want you to be as content as possible. You should like your school life and

your classmates; yet you should cultivate a habit that indicates that you are a good student. Balance is essential in life.

There is a time to sleep and a time to be awake, a time to play and a time to read, a time to rest and a time to work, a time to be in class and a time to be out of class.

When it is time to go to class, go to class, when it is time to study, study hard, and when it is time to rest, rest hard.

Do not waste your study time by talking, sleeping, or watching movies, just to be late for class the next day.

Maintain positive interactions with your classmates and teachers. Allow your teachers to see you as a hardworking student who is concerned about his grades. With a baggage, lend a helping hand to your instructor; always think of your teachers as your leaders, and treat them as you would your parents. They would then treat you as if you were their own child, eager to provide a hand by providing extra instruction on difficult subjects and standing by your side to ensure your success.

5. THE ASSIMILATION SYSTEM

The difference between a successful and bad study session is the effectiveness of assimilation.

How much do you actually assimilate during your study time when you discipline yourself and set a study period? How much do you learn while you are studying?

How quickly and how much data can you put into your system? Remember that the human brain is similar to a computer: what it has

inside and what it produces are both determined by what has been put in.

It is not directly the NUMBER of hours you spend studying that makes you an 'A' student, this is the mistake a lot of students make; rather what makes you an 'A' student is the amount of information that you assimilate in whatever time spent studying.

This explains the reason some students study hard and still not pass their examinations. Some students, including yourself, are more concerned with the number of hours you spend studying rather than the amount of material you can process and store properly in your memory. Some students spend hours in the library researching, and when you ask them the most basic question on the subject they studied, they have no idea. "I have a bad memory," they go on to remark. No! You do not have a bad memory at all! Instead of studying, you have been reminiscing in the library.

Your brain was meant to store information, and if you could see through it, you would see that it is ready to do just that, but you must learn the right way to store information.

Study time does not refer to the number of hours spent studying; rather, it refers to the amount of time needed to comprehend the amount of knowledge that is accurately entered into your system.

Therefore, the difference between an 'A' student and an average or poor student is the information rightfully stored in the memory.

I know this because I used to be like that; I would go to the library to study and then be too afraid to ask myself what I had studied afterward. Imagine being unable to ask myself what I had learned and

attempt to memorize it! It got worse when my friends approached me and tried to ask me questions; all I could do was shove them away!! It does not take a genius to figure out why I acted that way; it was simply because I knew I hadn't memorized or even attempted to thoroughly comprehend the subjects. I was only reading without completely comprehending.

“... SOMETIMES IT IS FEAR WHICH IS THE CAUSE OF OPPRESSION”

The Holy Quran

Why was I in so much fear to fail?

Why didn't I ask myself questions and be sure to answer without my note during my study?

Why was I scared to fail the questions I asked myself and fail repeatedly until I get it right during my study time?

“The greater our knowledge increases the more our ignorance unfolds”

John F. Kennedy

Perhaps because I did not know any better, I did not realize that failing myself or my friends was preferable to passing exams. Because I am sharing my experiences with you, you now have a greater understanding. It would be of interest to you to learn how I went from being an 'A' student to becoming an 'A' student. It is as simple as that; as I previously stated, I changed my friends, made friends, and began spending my time with 'A' students. I observed the way the 'A' students read; they would read and read and read a topic continuously, studying,

researching, and memorizing it, and they would not move on to the next page until they were completely confident, they could answer it correctly if you woke them up in the middle of the night.

As a result, they were prepared to fail repeatedly in front of themselves while passing the examinations. Unlike me, who was never willing to fail myself, but was willing to flunk my exams. This is only one of the answers I learned from my new 'A' student friends that completely changed my outcomes; I could tell you everything I learned. I want you to find some 'A' student mates and observe and learn from them.

After you've finished studying, do a question-and-answer section with yourself and then with your friends; if you can't answer the questions, you wrote down during your study, go back and study it again until you can; try to apply the knowledge to real life to help you better memorize it as an experience, because it's easier to remember an experience than it is to remember concepts stored in memory. Begin studying as soon as the semester begins, so you have plenty of time to not only read but also understand what you are learning through questions and answers sections, as well as continual review.

The subjects that are more challenging for you should not be avoided or loathed, but rather cherished. Consider the issue as if it were an individual in your class that you did not like until you sat together in class and realized that all of your prejudices were unfounded. That is how most despised or seemingly difficult subjects work; you must devote considerable time to studying the subject in order to discover the hidden secrets of how to love it and to dispel whatever misconceptions you may have about it. As a result, classes

that you find challenging at first should be loved more, treated more generously, given more time, and respected more by paying more attention to both the teachers and the students in your class who love it. Wake up every morning and say, I love agricultural science! Or I love accounting! Or I love mathematics! Depending on what course it is you are trying to unlock, because as I said in the previous chapters: Your words create your realities, and your realities create your destiny.

For all university students reading this book, here is a bonus topic for you.

RE: Voyage of academic excellence: Practical laws in becoming an “A” student, or an all “A” student

1. Attend classes and observe your lecturers: Listen to the topics that your lecturers are very enthusiastic about – these are usually the first pick in exams and test questions.
2. Make sure you have the course outline: Tick the topics you have observed that your lecturers always stress or enjoy teaching and referring to, and make sure you make further research on these topics in line with the course outline.
3. Study and reference the past examination questions because they usually repeat past questions in examinations. Usually, past questions are a pivotal navigator to what you can expect in examinations. **Also remember that at times, the opposites or second part of the past questions can be part of the examination questions.**

4. Always bullet point and summarize the major points and formula of each topic at the top of your book, hand out, and or jotter.
5. Read other books, enlighten, and grow your mind (motivational, inspirational, informational, educational books, biographies, and autobiographies), learn to listen to the news, and be abreast with the current affairs both locally and internationally. This broadens your knowledge and general understanding of your course work beyond what you are taught in class and improves your analytical mind. Your ability to utilize life practical tool in understanding the theories taught in class will certainly show in your school work and general discussions.
6. Pray hard, study the Bible, and be in tune with God. This is because the bible says that the Spirit of God guides you into all truths, and teaches you all things, even the deep things of God. (I am talking about divine expo here guys! It does really exist, trust me - I am a living proof!)
7. Be relaxed, and if you have an extremely poor esteem of your intelligence, it is easy to upgrade your thoughts (because as a man thinketh in his heart so is he). It is particularly important that you say affirmative words to yourself loud and clear (Proverbs 18: 20), every morning and night, like:
 - I assimilate very easily
 - I am an all 'A' student

- I am exceptionally good in Mathematics and English Language (you can input all the courses you find most difficult here)
- The Spirit of God is renewing my intelligence and I am becoming wiser daily. James 1:5

To understand affirmations better, please read the book “The Secret Law of Attraction” by Rhoda Byrne. I read this book in my second year in the University, and this was when I started affirming in my studies. During the exams later same year (about 2months after my daily affirmations), I took ill and could not really study well and put in my best in the exams. During the holidays when I learnt the examination results were out, I started to wonder how many courses I failed. With heaviness I checked my results and to my greatest surprise I made all ‘A’! It took some minutes before I realized that the affirmations (I said morning and night before every exam and during my sickness) actually worked; and off course, the grace of God also helped me.

Now you need to note this fundamental truth, “**OUR MINDS ARE ALWAYS WORKING TO BRING OUR GREATEST BELIEVES TO REALITY**”, and affirmations can be seen as an automated message of deliberate intent in changing the negative believes we have about ourselves or re-emphasizing the positive believes we have about ourselves.

8. Make out time to study daily. Study at least 30 minutes to one hour every day, and if by any chance you cannot meet up with your daily schedule, never let the week end without covering the new topics in each course and getting familiar with them.

However, if you are aiming at a first class, you should study for at least two to three hours daily depending on your capacity.

9. Be close to your lecturers, or at least make sure that they have a good impression of you, that is what they think of you, and always submit all your assignments on time.

10. Make sure you have good study partners and highly intelligent academic friends: they would probably have more information to give you about excelling, even by mere observation of their daily habits, reading patterns, and jotting/note books.

6. THE JOYFUL LAUGHTER SYSTEM

The cheerful laughter technique simply implies that you should discover joy in your life, as the old proverb goes: "Count your blessings, one by one." There is always a reason to be grateful to God, no matter how horrible things appear. Always have a joyous inner spirit: God cares about you, your future, and your destiny, and it is something you should rejoice over.

Be at ease in your own skin; be at ease with yourself, your appearance, your family background, and your existence, and never, under any circumstances, be negative about yourself or your physical attributes.

“The world celebrates the person who first and foremost celebrates him or herself.”

When you wake up in the morning, dream big, smile at the mirror and be happy knowing that:

“All things work for good to them that are called according to God’s purpose, and you are called according to God’s purpose.”

The Holy Bible

Engage your brains with good literature and biographies of great men; you will notice that many of them had a difficult start, if not a more difficult one than yours.

Nothing good comes easily, but nothing good comes readily to a joyous heart, a calm heart, a tranquil heart, a forgiving heart, and a caring merciful heart. So, as you study, cast fear from your heart and trust God, yourself, and your ability. Be upbeat and assured.

7. THE ULTIMATE SYSTEM

The ultimate system is dependent on your acceptance of the 'G' factor in the race, which is Grace.

It is the recognition of God's power in your life, as well as the power of prayer and faith in your creator.

It entails prayer before, after, and during your studies, as well as before and during your tests. A simple prayer of appreciation for all of God's many blessings will help put your mind in the correct frame of mind for easy comprehension of your studies.

James 1:5 says in the Holy Bible

“If anyone lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him.”

I believed strongly in this scripture and held closely to it, all through my days in school and till date.

So, pray! Prayer is the key to the unlimited doors of excellence. It is a tool that YOU NEED NOT PAY FOR. It is free and effective.

Behold your success

I have shared every nugget of success I know with you; I have given you my own similar examples; now, you are in charge of your life; you are the deciding factor; behold your success, seize it!

I will leave you with this statement from Stew Leonard, who won a presidential award for entrepreneurship in 1986:

“Well, success is becoming your best self at your absolute best. It is nothing to do with someone else; it is to do with you. How are you? Compared to what you could be?”

And so, I ask you:

How are you compared to what you could be?

Remain blessed loved ones.

