

# THE FROSH-SOPH TWELVE: 'CHEAT SHEET'

1: **THE COURSE SYLLABUS IS YOUR BEST FRIEND.** [pg. 12]

**Takeaway:** Your course syllabus should be the “anchor” for how you focus your efforts in each class: don’t get distracted by other class-related noise.

2: **RIGID DAILY STUDY HOURS ARE A MUST.** [pg. 19]

**Takeaway:** The key to being prepared for any quiz or exam is pacing yourself throughout the year; this can be easily done if you study a set number of hours daily and consistently.

3: **AIM FOR ALL A'S FIRST SEMESTER THEN COAST.** [pg. 26]

**Takeaway:** School administrators and educators are always watching so set yourself apart with all A's first semester as best you can; this will open opportunities you did not know existed.

4: **BE THE DUMBEST PERSON IN YOUR STUDY GROUP.** [pg. 31]

**Takeaway:** Establish a group of study accountability partners that appear smarter and more disciplined than you; it will pay huge dividends on those days you lack motivation.

5: **FIND A RELEVANT INTERNSHIP ASAP.** [pg. 36]

**Takeaway:** If you maxed out your first year with the best possible grades, landing an internship the summer between freshman and sophomore years should be easier.

6: **INCORPORATE A PLANNING SYSTEM.** [pg. 41]

**Takeaway:** Treat your school week like a full-time job and plan every aspect of it from eating, to working out, to play time, to study time.

7: **NETWORK STRATEGICALLY.** [pg. 48]

**Takeaway:** By now you know which professors, students, administrators and potential employers are willing to help enhance your success; network on a deeper and more authentic level with them all.

8: **TAKE CARE OF YOUR HEALTH.** [pg. 54]

**Takeaway:** Studying hard has an odd way of replacing healthy choices for people and it doesn't have to be that way; balancing your studies and health together will invariably enhance both.

9: **FIND YOUR QUIET TIME.** [pg. 59]

**Takeaway:** 30 minutes of solitary meditation is key to visualizing your goals, keeping calm in chaos and making your goals a reality; make sure you carve out the time to do so daily.

10: **EXPAND YOUR READING.** [pg. 64]

**Takeaway:** Degree-related reading probably has you swamped, but 1 hour per weekend of leisurely, self-improvement reading will help build life skills your studies may not.

11: **MAINTAIN A JOURNAL.** [pg. 68]

**Takeaway:** Journaling is for you and only you - to chart your growth, capture your wins and losses, to shape your future, and to document what happens so you can adjust as you proceed through life.

12: **IDENTIFY YOUR FOCUS ASAP.** [pg. 73]

**Takeaway:** Although it may take a while, identify your niche practice in your career choice and do everything you can to expose yourself to as much of it as soon as possible.

**\*\*NOTE: While the above 12 practices and takeaways accurately capture the main points of the resource, the real magic is in the content of the chapters. I sincerely hope you listen to or read the book, as that information just may make a world of difference for you in a positive and lasting way. All the best.**