Timeline:

Week 1 (free lesson):

* **Developing a reason and finding the motivation to study**
* If you don’t have a reason to study, then why do it?

Week 2:

* **Developing clarity on WHEN and WHAT to study**
* It’s far easier to bring yourself to study when you have crystal clear clarity on every detail of what you are going to do.

Week 3:

* **Removing distractions and crafting the perfect study environment**
* Even if you do have clarity in what you are doing, there is still the chance that you could get distracted, so why not create an environment, both physical and digital, that’s free of distractions

Week 4:

* **2 simple actions that can increase the success of a habit by 100%**
* There are some simple strategies which are scientifically proven to boost the success of habits by drastic amounts, here we will learn about 2 of the most effective ones

Week 5

* **How to plan the most efficient study sessions and what to study if you don’t have any homework.**
* The hardest time to study is when you don’t know what to study. Here we will learn how to continue your learning even if there isn’t any homework

Week 6

* **Learning the optimal way to consume content**
* Most students waste a lot of time when they are studying. Here, you will learn how to read textbooks most efficiently and consume any content with a far greater understanding of it.

Week 7:

* **Learning the most effective strategies to apply knowledge**
* Memorizing content isn’t enough to do well in tests. So, in this lesson you will learn how to apply the knowledge you have learnt to answer questions you have never seen before and understand HOW examiners write questions

Week 8:

* **Creating a personalized study routine and learning how to consistently improve it.**
* The same study methods don’t work for everyone. This week we will work to find YOUR optimal study routine

Week 9:

* **Learn how to make the most of all resources available, including both teachers and online resources.**
* Not all schools are equal. Some schools have better teachers than others, and some have better resources. In the lesson, you will learn how to use the resources you have most effectively and learn about the best free online resources.

Week 10:

* **The ultimate secret to continuing habits: Making contracts with yourself**
* We want the habits you create in this program to last for the rest of your schooling journey, and that includes both high school and university! In this lesson you will learn the most effective strategy to maintain a habit for an extremely long time.