39. Attitude Activity: The Vampire Test

Jim Rohn is an entrepreneur and writer who studies success. In essence, he argues that those who surround themselves with good people become good – those who surround themselves with hard working people become hard working. Equally, those who surround themselves with lazy people become lazy.

This is something we see every year: promising students who have a friendship group which almost enforces disengagement. The group will effectively mock or punish any group member who is enjoying study, succeeding or working hard. It's sometimes difficult to tell if it's happening to you, and by the time you've figured it out it can be too late.

Taking the Test

Writer and artist Austin Kleon has a solution. He calls it the Vampire Test, and he explains it in his book, *Show Your Work!* Kleon advises that 'if, after hanging out with someone you feel worn out and depleted, that person is a vampire. If, after hanging out with someone you still feel full of energy, that person is not a vampire' (2014, p. 129).

Think about the five people you spend most time with and ask yourself five questions about them:

»	Are	they	positive	peop	e?
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- » Do they enjoy their lives?
- » Are they a good influence?

» Have they helped you through problems?

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Attitude

If you answer 'no' to these questions, can you list the names of people who might be better students to spend time with?
Final Thoughts
We've seen students who are feeling negative about the challenges of study respond by surrounding
themselves with negative people so they can wallow in complaining. You must guard against this,
because it makes you feel as if 'everyone hates A levels', and normalises your negativity. Think of a

student who seems more positive, happy or energetic, and try to align yourself with them instead.