



# Hide it in a book

*Tips for academic excellence*

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*A lady reading*

## Dedication

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This book is dedicated to the Lord God almighty and to the Holy Spirit for the inspiration.

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If you want to hide something from an african, hide it in a book, because they would never read.

– Anonymous

”



Ben Carson

‘Your mind is a gift from God loaded with the ability to store unquantifiable information. However, It remains dormant until it is stirred with the right materials in the right direction’

*Hide it in a book*



# Reading

Wikipedia defines **Reading** is the process of taking in the sense or meaning of letters, symbols, etc., especially by sight or touch.

Essentially Reading is what we do everyday without even knowing we're reading, reading road signs, postals, leaflets, newspapers, social media posts all count as reading. Reading is what we do everyday. Change begins with Reading.

The master reader is Jesus, I'm not surprised doctors in the temple listen to Jesus and ask Him questions about medicine in Luke 2:46, so in essence, Let me remind us we are Christians because we're little Christ's, So as much as it would be required of us to follow and emulate his steps, we can as well emulate his reading habit and Jesus has shown us reading is part of life.

You came into this world with a leadership destiny dangling over your head. God passionately wired you in your mother's womb and sent you on earth to be a blessing, a solution provider to your generation. You were fearfully and wonderfully made by the creator. You're so unique that no other person on earth can be you. You're special, unique and potentially great, but this doesn't mean you will walk majestically into your destiny. The glory ahead might just be a mirage unless you arise to feed yourself with correct, relevant and adequate information. Reading is the major source of information, so one plus one, Reading is important in fulfilling your destiny.

"The key to reading lots of book begins with stop thinking of it as some activity that you do," writes Media strategist and author Ryan Holiday. "Reading must become as natural as eating and breathing to you. It's not something you do because you feel like it, but because it's a reflex, a default."

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## Tips for Reading

- **Develop your interest in different Topics:**

You can also take this as finding out topics that interest you, maybe politics, evolution, computer, space research, artificial intelligence. Once you figure out which topic/s interests you, you're one step away at becoming great.

- **Always have a book on-hand:**

You will always have an opportunity to read. You'll read on your morning commute (well, iBook if you are driving). There is time when waiting at the doctor's office, or wasting a couple of minutes before a meeting or conference call.

I find I can bear the line at the grocery store much better with a book, while the guy at checkout looks for his card. Instead of letting this time go unused, pick-up a book and start reading.

The only way you can take advantage of short minutes is if you have a book on hand. That's why I always carry a book with me.

And, thanks to gadgets like Kindle, this is even more convenient.

- **Hey, Set Goals:**

Mistakes most people make is to read as much as they can or as little as they can afford, look here, Setting goals will make you more committed and make you more adapted to reading While still working towards your goal. Imagine you set a goal of a chapter of

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a science research book per day, reading half a chapter will mean you're moving slower to achieving your goals of reading which would make you buckle up. In essence, goals can also serve as some form of motivation.

- **Don't make towering goals:**

If you're not a voracious reader then don't commit yourself to reading more books than you can handle. In other words, don't set lofty goals that you probably can't achieve. Even if you're voracious reader, don't read for the sake of reading, read and understand that pieces you never knew when it would be useful. Start by setting a reading goal that is easily attainable – such as reading just one book per month or 20 pages a day. If you're already breezing through a book a month then jump up to two. When you're not over-committing, you'll find that the reading experience is less stressful and more enjoyable. I've found a really interesting thing. If your reading is not stressful, you will be able to concentrate and read really fast.

- **Borrow reading time from something less important:**

I got it. The thought of reading for two or three hours a day may seem like a serious time commitment But if you borrow time from something else you'll realize that it's really pretty easy to devote more time to reading.

For example, do you know that the average American spends five hours every day watching TV? If you fall into that category, then reduce your TV Watching to two hours per day and spend the other three hours reading. Try reading first, then TV, the other way around doesn't work quite as well.

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- **Create a distraction-free reading environment :**

Start by reading in a room that is quiet and doesn't have temptations like a TV. You could also turn your phone on silent or airplane mode for a certain amount of time.

- **Use technology to your advantage :**

Personally, I love physical books. Nothing beats the smell and texture of an actual book in your hands. And studies have found that reading print leads to better comprehension and retention compared to computer screens.

But, sometimes carrying a book around isn't easy or convenient. Today you can read a book on your iPad or Kindle while traveling. Even listening to an audiobook through Audible or iBook, whatever, while working out.

In short, using technology gives you more opportunities to digest even more books throughout the year.

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- **Set a dedicated reading time :**

This helps make reading a habit. For me, I always set aside 20-30 minutes in the morning before everyone wakes-up. This prevents distractions. The 20-30 minutes before I go to bed are my most favorite moments.

I read more throughout the day, but since some days are more hectic than others, that's not always guaranteed. Having dedicated reading times at least ensures that I'm reading around at least an hour every day.

- And lastly, the most important point, **Reading is the stepping stone for academic and career excellence:**

If you want to make an impact, If you're planning to come out with 'A' in that course, You need to read as there are no other way.

- Other Points to note

Hijack your Facebook habit, Join a book club, Settle down.



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## Tips for academic excellence

I should talk about this;

The very first book you should strive to read everyday is the Bible.

The second book you should read is the one that will develop your skill in the area of your purpose.

The third book you should read is the one that will equip you to become an educated Man.

### - **Start from the scratch and keep on scratching**

- Never assume you know something: Assumption is the lowest form of knowledge
- Be intentional about how you do your assignments
- The Holy Spirit is ready to help you if you're ready to scratch
- Learn like a child;ask questions;make your own findings

- ### - **Pay attention :** When you read and read as if it really matters. Most people read in the same way that they watch television, i.e. in an inattentive, passive way. Reading takes effort and you must make the effort. A wise teacher once told me that you can learn anything if you do three things:

PAY ATTENTION, PAY ATTENTION and PAY ATTENTION.

There are some simple methods that you can use to pay better attention and get more out of your textbook reading time. Different authors call it different things, but many researchers say that you will improve your comprehension if you somehow "preview" the passage before you actually sit down and read every word.

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To do a preview you:

- take 30 to 60 seconds.
- look over the title of the chapter.
- look at all the headings, subheadings and marked, italic or dark print.
- look at any pictures or illustrations, charts or graphs.
- quickly skim over the passage, reading the first and last paragraph and glancing at the first sentence of every other paragraph.
- close the book and ask yourself:
  - ---What is the main idea?
  - ---What kind of writing is it?
  - ---What is the author's purpose?

- **Work with people, no one is an island of knowledge.**

You might think when you read everything alone, studying alone makes you an exceptional student. That may be far from true, when you collaborate with people, when you check through courses or lecture materials together, you can get more than you imagined. There are instances where someone has a past question or a practise question which may be repeated or even enforce your retention.

- **Set your mind only on excellent academic grades :**

I have a friend who always set scores she wants to get per examination, I mean at the beginning of the exams, she sets grades she wants and pastes it on the wall over her reading desk, This is a form of motivation or goal. As far as I know, this keeps her going and reading. That has also impacted me for good, so while setting goals, you may also be indirectly making an impact on someone else.

After setting your goals, Keep your eyes solely on the goal/scores you want to achieve and I believe you can do It!.

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- **Develop and deploy a culture of discipline**

- Between your goal and accomplishment, there is a bridge called discipline
- Sleep well and rest very well
- Eat and feed well
- Be disciplined as regards your TIME USE
- Be organized
- Don't procrastinate..

- **Unleash your genius potentials**

You are created differently kiddo, Behave like one.

- Understand your uniqueness.
- Express your originality without restrictions.
- Be intelligent in answering your questions.
- Understand the time and place conducive for your reading.
- Be mindful of the company you keep
- Be determined to be different for good
- Never read to pass exams only (what most students do)
- Never look down on yourself.
- Erase the mentality "good grades are meant for some people in your class"
- You can be the best

**Little Story:**

I am Adeniji Adewale Oluwaferanmi and I started my early life in primary school taking the 40th position out of 50 pupils in our class. As far as I can remember, I went up to about 25th in primary four,

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And went back down 36th in primary five.

I was never an average student in my primary school, in fact I was a poor student, I was troublesome, I was stubborn and inattentive in class. My class teacher's comment was "Wale talks like a parrot".

I got into secondary school the same way and started with my first terminal examination in secondary school with an F9 in mathematics.

During my JSS2 holidays, I became intentional about my growth, I forced my parent to buy me a New General Mathematics textbook for the upcoming term, By the end of the holiday I had finished the textbook, I do exercises and all, It wasn't as easy as that because I was the playful type and I had to limit and stop my playful habits for a while. When we resumed the Mathematics teacher couldn't believe his eyes at the change, I went from scoring 0 or 1 in 10 questions to taking corrections on behalf of the class, I began to score 10/10.

And that was the beginning of a change of a lifetime, I found my interest in reading novels, newspapers. During one of the holidays I even started writing my own newspapers and novels which was the best thing ever happened to me.

I went from 27th position of 32 students to 3rd position by Jsss3 and for the first time in my life I was given an award the End of the Year Party event.

I got better and by my Senior Secondary School 3 I was already representing my school in international competitions which include Debate competition, Mathematics Association of Nigeria Competition, Cowbell Mathematics etc.

The change was evident and during the End Of Year Party of my SS3 which is the graduation ceremony I got the Best Student in Mathematics, In six years I went from being clueless about simultaneous equation to solving differential equations with ease. I took all my external exams once with distinction and I'm in a university now, I had 4.36 CGPA on a 5.0 scale last semester, I'm doing very well academically now.

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Don't let anyone talk you down, Never be ashamed of your grade,  
Instead think of the reason why you failed, Change do not happen  
overnight, God doesn't do magic, Read your books, Ask questions from  
teachers, Teach others what you know, Read wide across many fields,  
One of the things that has helped is the quote,

‘Know everything about something and know something about everything’

In real life context, you can't know everything, but you can know as  
much as possible about a subject, I've read so much about web  
development that I have so many things to say about it, Forgot to say  
I'm now a Software Engineer who works with an international Bank  
(<https://moneymie.com>), earning six figures while solving complex  
business logic, I was able to do all with determination, keeping  
focus, paying attention and I was dedicated to the work of God and the  
spread of the gospel. I know a lot about a subject and a little about  
everything in life and I'm striving to read more about other subjects.  
The road to success is long and learning never ends.

If I can do it, You can do It.

Have fun, read and succeed.

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## References

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- Faith Adeola et al 2021 Academic Excellence Notes
- Purposeful Living for students Series IV
- Purposeful Living for students Series III