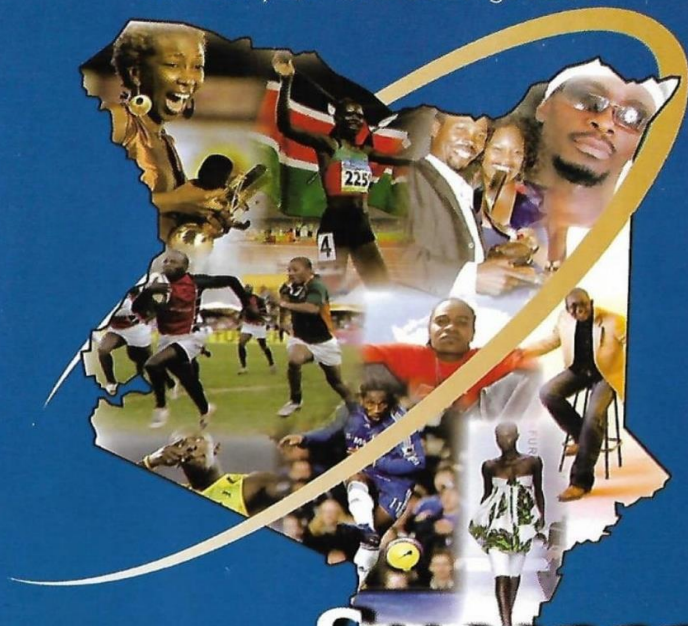


Foreword by D. KAMWILU
The Principal, Alliance Girls High School

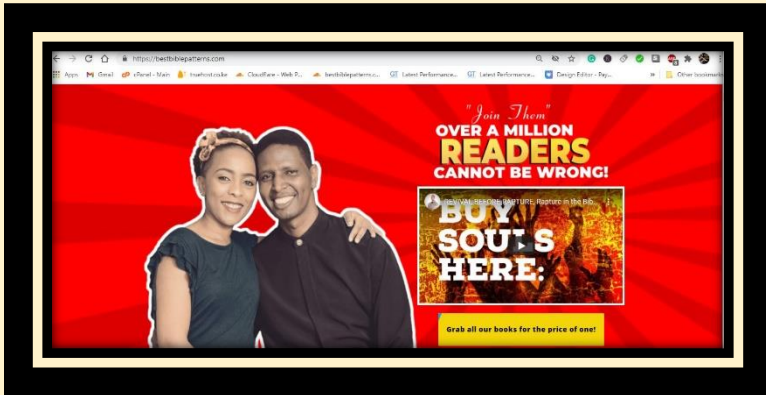


Success Secrets *for* Students

Life, Leadership & Academic Skills

David Gold Dhahabu

BOOK
1



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SUCCESS SECRETS FOR STUDENTS

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Success Secrets for Students

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I have had the opportunity to learn and get inspired by so many people that it would not be possible to acknowledge all of them here. Only a few representatives are captured here below.

I first want to acknowledge schools and institutions of learning where I gathered my lessons and computed my observations as I interacted with educators, pupils, students and teachers:

Kericho teachers training college, Thika school of monetary studies, Meru Junior Academy, University of Nairobi, Kagumo Teachers College, Kenyatta university, Egerton University, Kenya institute of Survey and mapping, Thika Boys, Kangaru High school, Kaaga girls, Materi Girls, Chaania girls, Kenya Institute of Education, Chaania Boys, Kahawa Sec Sch, Kigali training college, Gikumene Girls, Starehe Boys, Dagoretti Boys high school, Chief Koinange Sec, Kemu

university, Angelic girls, Komothai Girls, Chuka Boys, Nkubu Boys, St. Georges Primary school, Meru teachers training school, Meru high school, Nyeri high school, Pan African Christian university among others

I also wish to copiously thank Friends, Speakers, Artistes, Authors, Motivators and Authorities who have inspired, taught, challenged, rebuked, corrected and directly or indirectly influenced my thinking over the years.

Dedication

I dedicate this book to all the pupils in the upper primary schools, students who are currently in high schools and colleges. In addition, if you are still learning, and you consider yourself a student for life, then all the books in this series are yours too.

FOREWORD

This is one of the most exciting tools for training students I have come across. I plan to use SUCCESS SECRETS FOR STUDENTS for counsel many years to come. I was deeply intrigued by its honest evaluation of the struggles facing our students today. Every chapter has a story we can all identify with. This book will add value to any school's library.

At its publication, I have ordered some books for my students and the library. I fully support Gold's experience, exposure and expertise in matters of education and school communities. His book is beyond academics.

I know David Gold as I have had the opportunity to work with him in a variety of settings spanning several years including three high schools in which I have been the principal. His creativity is captivating and I feel greatly honoured to write a foreword for him as a friend and a son.

The success of every student is in their hands, but I strongly recommend SUCCESS

SECRETS FOR STUDENTS, knowing it will help every student and school where its principles will be applied. This book combines educational, experiential and motivational approaches to inspire students to become the best they can be.

David Gold understands the challenges facing students and offers wonderful insights that every student should pause and thinks about. I see this book as a bridge between students, teachers and parents. It's an important tool in our schools and I'd encourage every school to have copies in the library where all students can access them.

Someone has said, "Minds are like parachutes; they work best when they are open." This is the best way to read this book. It's the first motivational book I've found grooming discussed as a life skill! You will enjoy Gold's creativity, humour and exciting story-telling. You will be challenged to become a more focused human and a better student!

Mrs. Dorothy Kamwilu
Principal – Alliance Girls High School

Introduction

It's sad
That the most crucial things in life
Are never taught in schools
Not here, not abroad!

It's sad, sad!
That school does not teach us
How to make friends and keep them
How to make money and keep it

It's sad, sad, sad!
That school does not teach us
How to identify our gifts and talents
And when it tries, it falls short
Of directing us to our purpose in life

What is education without direction?
What is a degree without purpose?
What is a *Phd* without fulfillment?
What are papers without money?
What is money without friends?

Sociology and anthropology ain't
enough
Business and commerce ain't enough

Economics and banking fall short
Additional courses in campus is not it!
There's a missing link

We need an education system
That is sensitive to creativity
A system that honors gifts
A system that promotes talents
A flexible holistic system
That is not exclusive
But inclusive of all
Individual penchants and interests
From a very tender age

In the past
Education prepared us for jobs
It never prepared us for work
It never prepared us for purpose
It never prepared us for freedom
We go through life as slaves!
Educated but restless
Employed but unfulfilled
Earning but searching
Earning but broke!

There's a big difference
Between a job and work

Between career and purpose
And millions are confused...
The terrifying aftermath
Of a lifetime of education
Without purpose

Education has taught us to budget
And to live within our means
But that's not liberty
Liberty is having surplus money
Liberty is finding purpose
Liberty is having friends
Liberty is finding success
Success beyond the grades
Success ...beyond the papers
Success ...beyond the titles
Success beyond jobs and positions

We need an education system
That prepares us for life
We need life skills...
beyond the academics

An exam? Just one final exam?
A limited exam to decide my
intelligence?
It's not fair...

So ultimately,
We need an inclusive grading system
A system beyond the final exam...
In Primary, Secondary and tertiary
schools

We need an education system
That does not only test or examine
Mental prowess and memory
intelligence
But a system that examines...
Physical intelligence
Social intelligence
Emotional intelligence
Every aspect of natural abilities
And all aspects creative expression

The scope of this book is to introduce highly effective skills to help students take on the challenges facing the average student in high school or college. In this first volume, **Academic skills** have however been given more attention. Indeed, chapter 17 is actually a book within a book; (see MEMORY SKILLS).

The second book capitalizes on the most crucial ***life, leadership, and people skills*** which prepare a person to build an unshakable future founded on knowledge, social-emotional intelligence and relationships.

The third book in this series gets deeper into issues which make many students lose on purpose and money and how they can prepare to ***make money*** instead of graduating to go and earn money!

David Gold

1. A ROOM CALLED IMPROVEMENT

'Failure can become a weight, or it can give you wings. The only way to comeback is to go on. If the truth were known, 99 percent of success is built on former failure. '-JOHN MASON

When I entered secondary school, a rude shock awaited me at the end of the first term. The moment I got my report card I almost fainted. I ranked at position 42 out of 43!

I could not believe my eyes. I quickly hid the report and never showed it to my friends or parents. It was my worst little performance secret.

What had happened to the primary school genius that I was? Could it have meant that the other students in my class were far brighter than me or had I just relaxed in class?

It caught me flat-footed since I had never slipped beyond position 3 since my nursery class days. I was utterly devastated. I felt little for the first time in my life. It looked as if everybody else was rejoicing apart from me.

In a week's time we would be closing for holidays but not before the great prize-giving assembly in the main school hall. Those days our great school was made up of a thousand pupils plus; boys and girls from every part of the nation. It was glorious to be named a winner before all those adoring colleagues.

Indeed, we were a six-stream mega school flung across thousands of acres of arable land. However, this ceremony was a circus of mockery to me. I had never missed a prize during any prize-giving day for all my nine primary school years that I had been in school. I could not take it! I vowed to improve my grade.

Four months later I shocked myself. I had never seen such improvement anywhere.

I was at position 2 out of 43! It was a thunderous victory. The feat was almost miraculous. How I had swept through the fog of defeat to reclaim my honor and glory eluded reasoning! Even so, I learnt a great lesson: The biggest room in the world is the room for improvement. You can improve your grade because you want to!

It doesn't matter whether you are always the last student or the middle; the good news is that you can step up your development in learning and applying knowledge. You are well equipped to shape your own destiny through self enhancement. You can say *never again* and fulfill your own prophecy. A determined mind cannot be denied its goal. No one can keep you from shocking failure out of your life. I lived to see it done in my own school life. I am talking of what I know.

Here are ways to spur you through the rigors of progress to improve your grades in class and life.

WAYS TO ENHANCE YOUR GRADE

1. DECIDE TO EXCEL

In my case I made up my mind immediately I saw the devastating results. I could not bear the thought of missing out on my dreams. The shock of failure inspired me to make a drastic decision to excel. I decided I would do whatever it took to shine again and get to the top of the class. Literally, failure gave me wings!

Until you decide to excel you cannot get committed to improve your current grade. Your life is moved by your decisions. Your heart and will engineers your life to your desired end. What you tell the mind to do; it concentrates on it to deliver the results. When you make a decision, the faculties of the body follow without delay.

2. REFUSE TO BE DEFINED BY FAILURE

To leave failure behind you, you must cut links with it. You also must despise where you are if you want to progress. You cannot cherish that which you hate. Two cannot walk together unless they agree. You must disagree with failure's definition of you.

If I had accepted my terrible position as my lot, I would never have seen the gates of campus. To believe a lie about yourself is to bury your potential. Do not accept defeat. Refuse to quit. Give failure no chance. If it comes, show it the door through shutting the doors through which it came.

Do not for once see the other students as better than you. No one is better than you. We all have what it takes to win if we stay on course. If you think others are better than you, you will leave the top positions to them. No one is glued to the top ten positions in your class. It's easy to become number one, but retaining number one is harder. You can be better than anyone ahead of you because you

have something to prove; that you are not a failure.

3. CREATE TIME FOR MORE STUDY

To win in the game of study you must spend time on books. Sometimes you will have to bury yourself there because there are no short cuts unless you are a natural genius. How you spend time will make or break your study habits.

Give more time to your weak areas, though this should never be encouraged in talent academies. *(In a talent academy, specialization is the way forward. You don't waste precious time on things which drag you behind. You only focus on your best and discard the rest).*

(In an ideal situation, actually we should not be talking of students improving their grades at all. We don't need to improve. We need to excel. We talk of improvement when we are not excelling. To excel we must specialize and be focused on the subjects or areas which favour our talents

and gifts. But as it is currently in our education set up, this is not possible. That's why we need more talent academies in Kenya. And even these must learn to specialize for maximum impact. It's not possible to excel when we are not focused on specifics).

Some of the time you create should be set aside for discussion groups. It's a great way of memorable learning. Discussing ideas make you use your own words and it removes jargon out of the books into the daily speech power.

Creating time means you need to drop some things which are not important from your schedule. I had to stop seeing the girls! During break times, it was possible and allowed to interact with the opposite sex. I loved it! I realized I had spent a lot of time criss-crossing the field trying to attract attention. Actually, I was totally distracted by girls in my first secondary school term.

4. IDENTIFY PROBLEM AREAS

Learn where your problem is by going thorough your report card. It shows very well your strong and weak areas. Decide where to improve and where to get the help needed. Determine whether you need the help of a teacher, tutor or a colleague. Ask yourself probing questions so as to know where the true problem lies.

5. LEARN TROUBLE SHOOTING

Apart from the academic subjects, check out if there are other hidden sources of failure like wrong relationships or company. Is there anything disturbing you? Is the opposite sex becoming your quagmire?

Are you spending a lot of time writing secret texts via hidden phones? Do you have problems with a certain teacher? Are you traumatized from home? Are you pregnant and trying to hide? Have you been able to share with someone? Do you have more than enough friends?

Have you lost your spiritual edge? Is there something bothering you?

6. TALK TO TEACHERS

You may need to talk to certain teachers who will help you. Treat failure as an emergency case. Do not delay to confront it. Your subject teacher will always be ready to share your concern because your failure reflects badly on him/her.

A few minutes with such teachers per day or week will make amazing difference. Seeing teachers imply that the learner is committed. Non committed students only see teachers in case of trouble or a major announcement. It should not be that way. Teachers are your friends. Take advantage of their presence in your academic life.

7. FIGURE OUT YOUR LEARNING STYLE

It is crucial to understand how you learn. Which is the best format for you? When is it that you retain most of what you study? This is very essential for understanding. Some people learn better by hearing or listening (AUDITORY LEARNING). Others learn through reading, figures and notes (VISUAL). The other category learns by interaction with what they are learning (KINESTHETIC).

There are those who are physical learners and their intelligence has nothing to do with the classroom setting. Such people maybe wired for athletics and putting them in class is just tormenting them.

We are talking of athletes; runners, boxing boys, fashion girls, wrestling gods etc. Such people would rather be out in the field out there perfecting heir thing. (But only in a perfect education system would this work. Our education system in Kenya is askew and needs to be overhauled to accommodate more talent academies for physically, emotionally and socially talented youth).

2. A LIZARD CALLED LAZINESS

“Nothing wastes like laziness. It’s a slow burial ceremony of gifts, talents, energy, ambitions and destiny. It’s the death of potential captured in slow-motion”

I saw a lizard sleeping on a rock, unwilling to turn or run or play, even when a fly came and landed on its back. It slept on, dreamy eyes closing and opening forever slowly.

Its belly went up and down leisurely, betraying the rhythm of its unhurried metabolism. It was on holiday. Forget not that the fly is food for this cold blooded reptile. But just as surely as some people will not eat even when food has been served, this indolent monster lay on.

The lizard is an opportunist. Often, it doesn’t chase its prey. If you see it on chase, be assured it’s been basking! It waits for hours, wishing and praying for a

miracle. When the miracle fails, she is not disappointed. She reasons that tomorrow is a day too. When the prey shows up again but she feels it's a bit far for chase or jump, she ignores the meal. Why the trouble? She muses and winks.

A lizard will not struggle to build a home, yet you will find her in palaces and the parliament buildings, basking in the glory of the sun. She thinks she built the statehouse, and there's nothing you can do about it! Yet for all that boast, she is there just to spoil for the hard working spider which spins a web to trap the flies.

The wisdom of the lizard tells her that life is a roller coaster on the beach of life. Nothing is urgent. She is under no pressure to perform. She can burrow and disappear when danger calls.

When she fights, she bites off the tail of the colleague. But why bite off the tail of another? She is the picture of reverse gear and retrogression. Surely, the one who fights can work hard. Why dissipate

positive energy on negative things? This is the moral of the lizard story: she is not lazy at all; she chooses to be lazy!

Some of the students who we say are lazy are not in the least lazy. When danger calls or their lives are threatened, they can exhibit amazing exploits in self-defense. Slothfulness is acquired, learnt, inherited or employed to cope with depression, pressure, sickness or injury. Sometimes, it's just presence to escape from responsibility. They say the weather can contribute to laziness. Humid areas may encourage laziness and slothfulness, but it's no excuse for non-production.

I knew of a national high school which lost its status due to bad weather conditions. It was a school in north eastern Kenya. Students there could only read in the morning hours.

The afternoon sun was always unbearable. The best they could do was to remove their tops to survive the scorching rays. They could not cope but

doze. Even so, there are those students from the same school who used to make it to campus. Simply put, there is no excuse for laziness.

Laziness will rob you off a lifetime. You will reach old age and wonder what you did with your time and no one will be able to account it for you. Soon you will be out of school with nothing to show for three, four, five or six years. What a waste! Nothing wastes like laziness. It's a slow burial ceremony of gifts, talents, energy, ambitions and destiny.

However, laziness can be beaten. There are ways to beat it. But first we need to understand it. It is the disinterest in accomplishing. A lazy person is not inclined to work hard. He is not in a hurry to employ his energy, talents or services for the benefit of anybody or himself. The reasons could be psychological, social, geographical (physical) or biological.

Let's consider some ways to beat this monster.

PSYCHOLOGICAL SOLUTIONS:

1. Divide your work into portions or steps of action. If you don't you will feel overwhelmed. This leads to confusion and you can no longer think straight. Don't bite more than you can chew.
2. Avoid multi-tasking. Leave that to the experts. You are just a student. Learn to study only one subject per prep time. Any time your mind has pressure to perform many things at a go it gets disoriented.
3. When you finish a task, congratulate yourself. Celebrate your orderliness. Put a tick for yourself. You can go ahead to reward yourself. Eat a sweet or buy a loaf! This makes you feel good about the rewards of accomplishing. Most of the lazy people don't have a reason to work hard. Give yourself reasons by means of reward. Others don't

know the joy of rewards. Give yourself this experience.

4. Most of the lazy man's thoughts are the spoilers of his energy. Avoid thinking of what you cannot do or perform and instead focus on what you can do. The party of misery in the lazy man's mind is often his wasted accomplishments. The time wasted in wishful thinking or self-pity could have been given to more visible tasks.
5. If you want to think without wasting yourself, try meditation or memorization of what you would want to stick to your memory.
6. Make a list of what you need to do every day or week. Have a timetable and follow it. If you fail to follow it, make room for adjustment. Otherwise you have deeper problems with discipline, apart from laziness. Keep moving towards your listed goals. Make your list memorable.
7. Evaluate your performance per week or per day. Gauge your life

against your syllabus and school curriculum. This will show you how much need to be done.

8. Do things which motivate you and ignore those which do not. Low goals will not inspire you. Give yourself something to go for. Challenge yourself.
9. Play psychological games. Speak to yourself. Open your mouth and tell yourself "I am not lazy" I am not lazy! I am not lazy! Believe it! Act on it. Say 'I can make it!' I will make it! Let it sound real to you. You are the best teacher you will ever meet in your life. What you teach yourself is the ultimate education. Only you can make yourself believe in your power to perform. Speak yourself out of laziness.
10. Do not avoid the tough subjects until it's too late. Confront them while you can. Make sure they appear on your list for the things to do. Long periods away from your nemesis causes lethargy in facing

the problem. Do not be intimidated.

11. Keep on working, even if it's in slow bits and pieces. If you shut off from hard work, re-starting will be a big challenge. It's better to work on small bits of home work than try to handle a lot of work later. Avoid filling your weekends with a backlog of work. Instead distribute your learning, homework and studies evenly through-out out the week.
12. At least just decide one thing: WHEN to begin! If you have no time to begin, you will be lost in never-land. But once you begin, you have done half the job. The good news is that in most schools, studies are compulsory. But it's possible to go for preps and yet just doze off instead doing anything!

BIOLOGICAL SOLUTIONS:

1. Drink a lot of water always. Hydrated bodies function better and are more alert than dehydrated bodies. Most students do not drink enough water to their undoing. The cause of many illnesses can be easily eliminated by good hydro-hygiene. Water is health. It helps digestion hence the body is not tempted to doze off during metabolism.
2. Jog and walk and exercise for physical alertness, if not fitness. It will affect your feelings positively. Such exercises increase confidence overnight! Blood flow in the body helps alertness and hyper-activity.
3. Get enough sleep always. This is vital for the brain. Some students who like chatting away the night in their blankets do not perform well. A tired brain is not good to take to class. If you are having problems in your sleep, you will have trouble with laziness. Eight (8) hours are enough for teenagers in high

school. Older students can do with less.

4. Avoid much sugar in your tea, cocoa, chocolate, milk or porridge especially if you are to add after being served on the table. Such high level sugar leads the body into improper metabolism. You may end up feeling tired or lazy even though you have not worked.

SOCIAL SOLUTIONS:

1. Do not believe anyone who calls you lazy. Choose your friends wisely. You are not to be a friend to those who put you down. Choose people who bring out the best in you and not those who criticize you. Remember, most of the people we call lazy are not actually lazy. They just need to be directed and guided out of ruts and quagmires. Choose encouragement!
2. Be a friend to those who exert themselves to accomplish something. There will always be in

your school a cluster of students who are so hard-working that they are always discussing books or are in class doing studies. It's not a must you kill your social life, but it's vital you get away from the crowd which is not focused. Associate with people who are doing something in the area of your weakness.

3. If you cannot get anyone interested in your area of growth or weakness, then be brave enough to be alone. Perhaps you will find you have no trouble with mathematics and you only want to discuss geography. Then you will find that no one wants to discuss geography as a subject. In such a case, just get alone and do what you need to do.
4. Make teachers your friends. You will learn more from becoming a friend to teachers than you will do by just being in school. Take your social skills higher and get acquainted with the teachers who inspire you. No teacher will

encourage you to be lazy. These are friends who will keep you on your toes.

PHYSICAL SOLUTIONS:

1. Get away from cozy corners in times of private study. I remember I used to stay in a certain corner during night study and often I would doze off! I had to move away to the front seats. Avoid places which encourage laziness or hiding from teachers.
2. Get fresh before breakfast. Begin your day before you begin to associate with people or any work. The best place to begin is you. Get clean before you ever step into the dining room. Do not be woken by the breakfast bell. Wait for the breakfast bell. Else you have a much disheveled looking dining hall. It's bad manners to shout in the dining hall and greet people with a foul smelling mouth. Clean up before breakfast. It's also

advantageous in that it will discourage you from going to sleep. It ensures you leave your bed made. It saves time in going for morning duties or study.

3. Walk briskly always. Avoid the lizard walk unless when you are a group. Walk like someone with purpose.
4. Don't just bask in the sun. Read a novel when you are resting outdoors. It saves time and makes you busy.
5. Cut out your lists and time-table sheets and paste them at crucial visible crucial points. Such copies can be placed on the desk, on you clipboard, on book covers, as book markers, above your bed; on your bag/box etc. The idea is to always keep them where you can see your goals and aims to manage your time.

3. A SCHOOL CALLED ATTITUDE

'The biggest mountain in the world is no longer Mt. Everest. Mount Everest has already been conquered. So it means there is no physical mountain on earth which is a challenge to man. The only unconquered mountains exist only in our minds'.

'When your attitude is negative, even honey becomes poison! You see mud instead of rain! You see thorns instead of roses. You hear noise instead of cheers! You see rusty coins instead of money! You see bones instead of meat! You see a hairy mouth instead of a moustache!'

'One man's meat is another man's poison'.

AN ENGLISH PROVERB

I visited a certain school and the students thought I was an angel fallen from the sky. When I finished my presentation, the hall of a thousand souls was screaming for more. They didn't want me to go. But

I had to. They made me promise to go back.

In another town, I went to a different school and they thought I was boring. They forced themselves to clap, then exchanged knowing glances and filed away from the hall murmuring. I clapped for them!!! Then I confirmed what I always knew: People perceive same realities differently!

There exists a school called attitude in your mind. It's an institution where your expectation becomes your grade. Your outlook controls your feelings, approach to learning and ultimately what you get out of what life has to offer. The manifestation of your expectation is the motto here.

What you see is what you get. What you like is what you celebrate. The brand of a famous paint reads: *If you like it, crown it!* A positive attitude will arm you with victory any day!

What you learn to celebrate in turn will celebrate you. Those who celebrate and smile at sciences excel in the said subjects. Those who frown at mathematics never score an 'A' in the same! How do you feel about mathematics? It matters! What you feel about a thing best describes your attitude to it!

You never rise beyond your expectation. That which you cannot conceive you never receive. You cannot attract what you don't appreciate. You never score an 'A' where you expect a 'D'. It will not happen. Your vision dies or rises with your attitude. A positive attitude will train you to ignore obstacles, setbacks, failures and limitations to do the impossible. A negative attitude will bury you alive.

In this school, you never see the sunrise if you are looking west. It's obvious to the majority of us that the sun rises from the east. Those who look west and complain there's no sunrise, are just annoying disgruntled elements. The sunrise will

never come to look at you. You must decide to face east to see the sunrise.

When you fail to regulate your attitude, you are guaranteed to fail both in school and in life. You won't go far. Your academic life will be full of obstacles.

When your attitude is negative, even honey becomes poison! You see mud instead of rain! You see thorns instead of roses. You hear noise instead of cheers! You see work instead of money! You see bones instead of meat! You see a hairy mouth instead of a moustache!

You are advised in this school to only reap where you have sown. As a student, you don't hate mathematics and expect to excel in it. If you are always complaining about the art subjects, you can as well rest assured they'll complain against you in the final analysis. A negative attitude will rob you the zest of life! When you accept defeat in the mind, it shows up for real in your grades.

Many things in life will not adjust to you. They will be like stubborn mountains standing in your way. You may not be able to change or move mountains as they say. But that's not your problem. Actually, mountains were never a problem! Your attitude could be the problem. If you can deal with your attitude, any mountain becomes a molehill.

The biggest mountain in the world is no longer Mt. Everest. Mount Everest has already been conquered. So it means there is no physical mountain on earth which is a challenge to man. The only unconquered mountains exist only in our minds. The same is true with every desert, swamp or ocean. You can conquer all limitations just in the mind.

God created man to rule creation. Nothing in life is supposed to intimidate you. Everything you desire is supposed to come to you. You are a king. And a king's desires are always met. But what if you don't think you are a king? Attitude is the

problem. What if no one can convince you that you are a king? Then it means you are convinced that you are something else; and that is also true!

Just do a check up on your attitude towards the following areas:

GRADES

If you believe that you are a C, E or an F student, so be it! The vision of yourself will be believed by your mind. And the sum total of your mental faculties will produce the C, E and F faithfully. You can only work towards your dream. That which you hold dearly in your heart about yourself is what you produce.

Learn to see yourself at the top of the class. Tell yourself good things about your performance. Convince yourself that you are the best that there is. Improve just by beating one person per term and see how much big difference it makes. A journey of a thousand miles begins with just but one step. Make that step today:

just believe! Miracles happen yes; but only to those who believe!

Do not believe in negative myths about any academic subjects. In every subject, there are those students who score an 'A'. Every subject has been conquered! You can conquer all academic subjects. And even if you don't get straight 'A's in all, you can still show good improvement in designated areas. Begin today and move steadily. Rome was never built in a day.

If you ever should fail, don't flop! Just miss success by whiskers. Failure, after all, with a good attitude, is the secret of success. All success stories are littered with failure. But good students of life know; failure is never final!

INSTITUTION

If you think that your school is an academic prison with nothing to celebrate but only exams to fear in the beginning, middle and end of the term, then you are in the wrong place. You will

always be thinking of how to escape the boredom. You will be grumbling and complaining always.

You will want to experience life '*out there*'. You will think of escaping to go home or adjacent urban areas to kill the boredom. You may end trying to get hyper through drug stimulation to escape into a make-believe world.

There are many students who cannot finish a week within the school. They itch to get away for the kicks. School makes them uncomfortable. They are always having trouble with discipline masters. These folks have a wrong attitude towards their academic institution. It is unfortunate.

You need to cultivate a very healthy image of your school life. You spend most of your formative and growing years in school and hence you need to make it a home. About 20 years of your first quarter in life are literally lived in

school and they shape you more than the time you sleep or spend at home!

School Is a Home

Learn to see teachers as your parents and great friends assisting you in tackling the challenges of life. See the other pupils/ students as your greatest and best friends in the journey of life. Walk together with them. You don't just study in school, you live there!!!!

Make school a better home than home! Actually, if this was the case, many problems in our schools would fizzle out and die a natural death. We need to own the school as our own. That's where the concept of ALUMNI came from. Old students are never really gone but often re-visit the school and celebrate anniversaries of life together.

The schools which don't have Alumni clubs have had no cultivation of this essential component. It's absolutely crucial. But those schools which have

cultivated such clubs benefit drastically. Old rich students contribute handsomely to projects hereby. Old Students from these schools are close friends even after many years. The culture runs on and on. Such schools rarely strike. People don't destroy what they love!

TEACHERS

Whenever the student is ready, the teacher appears. It is the student's duty and prerogative to adjust to the teacher, not the vice-versa. Be a student who is always ready to learn from any teacher. Do not discriminate in your attention-span behavior. It shows and can be annoying!

We usually don't see teachers as they are, but as we are. We project our love, liking, disinterest or laziness into our teachers. Some teachers may not be as interesting as others but most learning has nothing to do with the source, but the recipient. Interested students learn even from dogs! So don't blame the teacher.

Our attitude is what is crucial in learning, not the teacher's enthusiasm or lack of it. Most of what passes for interesting lessons are jokes and humor content. But that's just a part of communication which may not carry any academic substance. A boring teacher may have very salient factors, points and topics to consider when writing notes.

The bottom line is to love your teachers and let them know that you love them. Even dogs understand the language of kindness. Sometimes, when students are noisy and rowdy, teachers get offended, discouraged and are unable to impart or impact their students.

NON TEACHING STAFF

An old saying holds true that; *'The way to the throne is through the servant's quarters'*

Many students pass through secondary and tertiary colleges learning to ignore

the non-teaching staff. But if the truth would be told, most of our schools would grind to a halt without this tireless group of service providers. That's the word: SERVICE! They serve us. What about us? Do we ever serve them? Do we ever appreciate them?

One of the reason we ignore them is that unconsciously, to most of us, these folks refused to get educated and so they are lesser beings! Yet that's far from the truth! Of course the likes of Bursars or accountants can't be classified thus. Yet in many schools there is no much interaction between students and this group.

These people are necessarily busy. But the students are not as busy all the time. The most vital decision you can make in your school life is to appreciate these people. Words are enough. Just go over to them and say thank you! You will be amazed at how that works on them. That's the best way you can serve them.

Years of being ignored and being taken for granted by thousands of *ungrateful brats* makes the kitchen staff make some weird meals once in a while in unconscious revenge! Make a difference in your school. Be kinder to the non teaching staff. Greet and acknowledge the watchman. Don't harass the matron. Be patient with them and give compliments when they sweep or clean well. It pays.

AUTHORITIES

Have a positive attitude toward authorities. They exist for order and peace. Their work is not to punish *per se*. Punishment is usually a byproduct of misbehavior. You can avoid conflict by an act of your will. We don't have to disagree, quarrel or fight all the time. We can always be friends.

Just be pleasant to prefects, discipline masters, supervisors, group leaders and lend cooperation. Have a sweet feeling about figures of authority. You don't

have to fear or be envious about their positions or privileges.

Don't make trouble just to get them in action against you for nothing. If you want to be naughty, let it not be obvious. Don't embarrass those who have been given charge over you. No one enjoys punishing others unless they are sadists.

If you hate authority from home level, you will always be at loggerheads with authorities in school. There's no need. If your heart is right, you can cope even with harsh leaders. Most important, just do the right thing and avoid trouble. Most trouble is a byproduct of a rotten attitude. The secret here is honor!

4. A PATH CALLED DISCIPLINE

'Every student must learn to take care of all that is expected of him without law, order, justice, equity, manners,

norms or code regulators looking over his shoulder to correct, reward or punish. To be disciplined is to be your own law and order without external enforcement agents.'

There's a day I climbed on top of our school bus and hid from the discipline master. He had managed to flush every other joy-rider out of the Meru-bound bus for sports. However, he had missed me. I thought I was a hero.

I was ready to enjoy my ride to Meru in eastern province Kenya atop the carrier, an extremely dangerous affair. Yet I was thrilled to the core. I was not being rebellious. I was simply being adventurous. Boys will always be boys!

In my madness to prove my victory over the discipline master, I lifted my hands in boyish glee to wave as the bus was leaving the school compound. When the other students saw my arms raised in victory, they shouted back in admiration and cheers.

The aftermath was a nightmare. The bus screeched to a sudden halt and I saw the disciplinarian running towards the bus to make a kill. He was a Ugandan teacher. Madness was whirling in his eyes. I knew there would be a scuffle up on the carrier. I feared to jump. He began his ascent to finish me. I was cornered.

This teacher began raining kicks and blows upon a poor defenseless soul. He would not hear the voice of my copious apologies. I received some good physical abuse and almost fell from the carrier of the metallic monster. The other students were jeering now! I was mollified. But I became famous overnight. That was not my plan. I also entered the black book of the school. That was never intended too. It's just that my plan had backfired.

Those were the days of corporal and *Tae-kwon do* punishment. Sometimes it became so physical that karate came into play. The ministry of education had to debate the ban of corporal punishment

due to its attending negative effects and injuries.

It was indiscriminately being used in schools and was causing fear, maladjusted growth, false discipline, suffering and even death in some worst scenarios. It could affect even the academic performance of some children. As a nation, we needed to adopt other forms of discipline methods that would withhold the respect, the rights and the dignity of the child.

Whatever forms or methods of discipline that are employed anywhere in the world, they never work 100%.

All learning at every level needs to be understood as a time for error-correction, re-learning and mistakes conquest. Children and teens are prone to mischief, misbehavior, adventure and a little fun. Not every negative behavior is a reflection of rebellion. Many principals have discovered this and so there exists an understanding in such circumstances

to manage misdemeanor within tolerable levels. Students will never be angels.

But when all is said and done, discipline is an individual responsibility and must stop with the student. Underlining the principal of discipline is responsibility. Every student must learn to take care of all that is expected of him without law, order, justice, equity, manners, norms or code regulators looking over his shoulder to correct, reward or punish. To be disciplined is to be your own law and order without external enforcement agents.

The word discipline comes from the root word disciple. To be a disciple is to be a student, a learner. In the old rabbinic days there were no formal schools. People used to go and learn under an instructor whose teachings appealed to them.

For instance in the Bible times Jesus had 72 disciples who he sent to broadcast his teachings throughout Israel. By the time

he left, 500 disciples were waiting in the upper room as he had instructed them. But not all of them could hold on tightly to what he taught. He knew very few could sacrifice all to follow him. So the closest number of those who he instructed most was the twelve. He believed in these twelve.

To the twelve he said something interesting: 'Follow me and I will make you...' this statement implies they were to embark on a path, a journey. It was not necessarily a journey of theoretical education, but a total makeover of who they were. It would touch on their character.

It was walking a path of total transformation. To follow the Christ was to observe him, and imitate him. He wanted them to be like himself. His set of teachings and instructions were for life, not to impart head knowledge.

The path of discipline is hard. To conform to the requirements of somebody was

never going to be easy. **A disciple follows** and learns to copy the master/teacher. At the end of the day, he should be as good as the master. Good disciples must of a principle end up better than their masters because they have stood on their shoulders to see farther.

The principle of birth maintains that the child/offspring must be better than the parent. A good parent/teacher rejoices that the student/child has gone farther than them.

As a student you must strive to go beyond where your teacher went. Otherwise, there would be no progress in life. All people would reach a plateau in so far as education is concerned. But as it is, research students are coming up with new discoveries every day.

AREAS OF DISCIPLINE IN MOST SCHOOLS

1. CONDUCT & ETIQUETTE

As a student you need to ask yourself if you are well mannered. Do you follow protocol? Do you speak when not invited? How do you address your seniors and juniors?

Do you follow the school procedures? Is your code of behavior out of touch with propriety? Do you keep the school culture? Have you ever ashamed your school or fellow students? Are you civil in all your dealings? Do you keep the traditions of the school or you are always in conflict with the mores of the school?

Do you flush the toilet after using? Do you eat more than your share of meat before your colleagues arrive at the table? Do you eat the lion's share of special food? Do you clamor and make noise concerning food?

Do I go to the kitchen before lunch hour to disturb the cooks? Do I seek favours where I know I don't deserve any? Do I

use corrupt means and friends to escape punishment?

2. DUTIES & HYGIENE

Do I brush my teeth daily before I sleep or is it a waste of toothpaste? You need to evaluate your weaknesses when it comes to every area of discipline if ever you will be able to deal with them. Am I maintaining cleanliness?

Am I late in my duties? Do I enjoy my apportioned piece of work daily or weekly? Do I feel like running from my duties out of laziness or some imagined self-importance? Do I make my bed first thing when I wake up or do I have to be jolted by the prefect to do it?

Do I shove dirty panties or socks under the sheets or stuff them into the bag? Do I find it easier to spray myself with the latest perfume and roll-on instead of showering daily? Do I fear cold shower and prefer to stay dirty for weeks?

Do you wash your plates and spoons clean or you wipe them with tissue paper as I used to do? Ha! Hahahaha!

3. DRESS CODE

Do I come with hidden clothes in the bag to enable me to sneak out at will or at the slightest opportunity? Do I dress just to be in school or do I keep in mind fashion and decorum? Do my clothes reflect how orderly I am or how disorganized I am?

Do my clothes tell a story? What impression does my uniform give off to teachers and students who see me for the first time? How many times have I been complimented for smartness?

Does being smart matter to me or it's never a consideration? Is ironing a delight or a bother to me? Is laundry a piece of cake for me or drudgery? Does image matter to me?

4. TIME CODE

Do I kill time or redeem time? Am I found at the right place at the right time? Do I look forward to meal times but dread prep times? Do I respect my timetable?

Do I consider how I have used every day conscientiously or it doesn't matter how hours fly for me? Do I keep time? Do I finish my work on time or in time? Do I have to suffer punishment because I never finished my homework?

Do I pile up work until it's too much or do I deal with it straightway? Am I disciplined in my time use? If your answer is no, you may not excel as a student. How you use your time is the ultimate indicator of discipline in life. Re-organize your life around your time table if you are to excel in school.

5. SPEECH CODE

Is my tongue a loose one? Do I say the first thing that escapes my lips or do I weigh my words? Do I speak essential words? Am I abusive to others?

Am I hot tempered and say harsh words to others? Do I lash out at others with my tongue? Do I belittle others or build others with my tongue? Do I build or destroy? Am I a careful smith of words or a careless gossip?

Have I ever been in trouble because I said something? Have I ever lost a friend because I said something stupid or mean? Do I place any value on my tongue or it really does not matter what I say or not say?

Do I jest and joke aimlessly even though I don't have a future career in comedy and humor? Is my speech disciplined? Have I ever been told that my speech is cheap?

Do I keep my promises or do I just play with peoples appetites? Does anyone trust my word? Your life is controlled by your words. If they are not disciplined words, you are living carelessly.

6. CLASS CODE

Am I always in class when I am expected to be there or am I found attending other seemingly important things which however are not strictly academic? Do I enjoy sick offs so I can stay away from the classroom?

Is everyday a joy in the class or learning feels like endless punishment? Do I participate in class or am I often being woken up as I doze? Are my teachers excited that I am in class or they are thrilled when I am absent?

Do my colleagues think I am a joy and a thrill when I am around or no one misses me even when I am out for two weeks? Is my class participation critical? Do I ask questions when I have not understood or I let such chances pass?

7. BOUNDARIES

Do I keep my jurisdiction? Do I keep trespassing? Do I love sneaking out of

school? Do I get temptations of being found in the wrong places at the wrong time? Do I keep to my social, mental and physical boundaries or do I desire to do the forbidden?

Do I keep thinking of the opposite sex while still in class? Do I fantasize with teachers of the opposite sex or do I concentrate on what I have to do? Do my emotions and unbridled thoughts lead me astray? Am I disciplined in thoughts and behavior?

Is my hidden life threatening to swamp my normal school life? Am I disciplined in my thoughts? Am I disciplined in my behavior? Do I have terrible secrets which are fighting my sanity? Do I have a secret life while still at school? Am I living beyond my means? Am I a hypocrite?

As a student, you are a disciple of discipline. To be disciplined is to be consistent from Monday to Sunday without swerving left or right.

A disciple fasts from things that distract him from finishing his course.

The TV, entertainment, outings, relationships and other distractions that students encounter as they learn must be given a wide berth in order to pursue the crown of mastery.

Students who are not able to master their appetites while at it will be overcome by indiscipline. Discipline stipulates that not even food should make you its slave. A disciplined student will still study with an empty stomach. Unlike the undisciplined lot, he/she will not be looking for the opportunity of hunger to strike and burn the school.

5. A GUARD CALLED COMMITMENT

'It's better to quit school than lie to everybody while wasting precious resources. If you can't get committed to learn, it's no use floating around for four good years killing your other

talents. You can be forced to study books but you can not be coerced to produce their worth. The truth be told, not everybody's worth is in the books'

He was always there like a perennial sentinel. When we came, he was there. When we left, he was still there. He had ugly pimples on his face, yellowing teeth and spoke broken English. He had no many friends. He talked little, but studied as if the whole world depended on him.

His name was Gideon. He was my classmate. He had no great social life, but that never bothered him. He was not welcome in most circles. Some people thought he was a bore. But he passed with flying colors and made it to the university. He had been committed to books. He could even study mathematics for hours. He knew his game. He played it well.

A committed person will not be looking for the next excuse as to why he/she cannot participate in a given cause.

He/she has no excuses to offer against that cause which he has chosen. He is willing to put his life on the line to beat the odds. Nothing will discourage him or her.

He is the primary school kid who comes to school despite the rain. She is the girl who comes back to class even when her stomach is empty. She never had any breakfast but she turns up at the roll call. She's not feeling well this week but she will complete all her homework.

The fact that she's not feeling well is no good reason for clamoring to go home. She still wants to be in school to learn. That is commitment. She will be there when everybody else has filed away. Commitment is the ability to ignore excuses which keep stopping many people from achieving their dreams.

She's not discouraged by lack of quorum. She can chair a meeting alone. She can play alone. She will fellowship alone. She can sing alone when the rest of the choir

fails to show up. She does not offer excuses for not doing her part. Everybody else can fall away, but she will not disappoint. You can count on her. She's the true thermometer of passion levels for a cause she believes in.

What are your convictions concerning life, talent, education and school? Commitment is for believers. If a student does not believe education is the solution to her problems, she will not get committed to it.

We only get committed to what we are persuaded about. If students don't see the connection between excellence in life and what they are doing in class, nothing will get them committed to exert their energies.

Non committed students have a thousand excuses why they will not work hard. Some of these kids are known even to the teachers. They come from rich families and see no need of struggling to crack the nuts. They are bad influence.

While others are sweating it out at the study table, they are complaining about lack of entertainment. Yet they are also committed to something else. It could be music or soaps or gossip. But there's something they passionately love; only that it's not education.

HOW TO TELL IF YOU ARE COMMITTED TO EXCEL IN SCHOOL

You are not committed until your sense of decision-making begins to matter.

You must be a person who decides what should be done and sticks with it to the end. Some students will never purpose to have their own time-table for self studies. They have to consult and copy the one a friend is using. They don't have a mind of their own. They can't decide for themselves the path of life they want to pursue.

Indecision will rob you off your good intentions to embark on any project in

school. If you can't decide, you can't move. If you wait for teachers and colleagues to always tell you what to do, you are not ready for commitment. Commitment comes not from things you hear, but from what you are convinced about.

Always learn to enter the court of your mind and judge yourself before anyone else ever does it. Examine yourself before the jury of your conscience and you will always come out with the best verdict.

There are some questions if you ask yourself, you will truly learn to judge self without fear or favor. You can tell if you will pass or fail long before the examiner has released the results.

1. LOYALTY & DEDICATION

Am I a trustworthy candidate? Are my teachers banking on me? Has ever anyone thought I was a promising student? Can others depend on me? Am

I consistent in my studies or am I erratic?
Am I keen to persevere even when no one is looking or checking my work? Can I finish the homework which I am sure the teacher will not look at?

Where is my allegiance? To what am I sold out to? What is my first love? Are books and studies a necessary evil or a delight? Do I feel inspired to practice my talent? Can the books stand with me if I was to be accused of not reading them? Can other students bank on my reliability?

Can I be voted the best student by the majority without campaigning? Do my grades testify of my faithfulness to study? Do my colleagues have a positive word concerning my devotion to learning, searching and reading? Do I have a desire to excel in life no matter the odds against me?

Have I decided to be loyal? Will I make a decision to be dedicated to my work today?

2. OBLIGATION & DUTY

Am I daily meeting my deadlines? Do I often accomplish what I am expected to do or I just do the things that please me? Do I have a contract with myself? Am I completing and finishing or beginning and quitting? Do I pursue what I have begun with ardor and effort till I see the end of it? Do I read novels half way and then discard them?

Do I begin reading a textbook and then immediately stop when I encounter an interesting novel with a colleague? Can I stop myself from falling for the easy and simpler things which don't add value to my general life or school life?

Do I have a duty to my teachers, colleagues and parents or I owe no explanation to anyone? Am I compelled by my requirements? What is required of me today? Do I have a personal motto? Do I have a duty to the school, my class,

my family, my country and my planet or I am just an inconsequential little gnat?

Have I decided to fulfill all my obligations under no pressure?

3. VOWS & PROMISES

Those who live by vows are very serious about their causes. You need to be a boy or a girl of your word. A campaign called **True Love Waits** trains young people to wait until they are married to engage in sex.

Their word is their bond. No one can follow you around checking whether you are a virgin or not. You can misbehave any day if you want. But once you make a vow, they say God hears it and you will suffer the consequences of breaking your word.

Whether punishment attends the breakers of oaths or not is inconsequential. What matters is the corporate responsibility to nurture word

bonds. Ultimately, your promise need first be to yourself.

Be a lady and a gentleman who does not need to go back on what you said concerning a matter. Be never found arguing about a promise you made and didn't make good. If you decide you will always finish your homework, so be it. If you decide and promise yourself never to be late for class or an appointment with someone, so be it. Keep your word. It is your agreement with destiny.

Be the guarantee that people are looking for. Be a pillar of strength in your school. Be the security that other students are clamoring for. Be the one they come to look for because they know you say what you mean and mean what you say. Live by your internal regulators.

Have I made any vows to myself? Am I keen on making good promises which I intend to keep?

4. BINDERS & PLEDGES

If you pledge to give it, you better do it. It is your word of honor. It is your security as well as the security of others. Don't deny your mother what you pledged to give your family. It is her pride. You told her you will be committed to become a pilot, a doctor, a preacher, a singer, an actor etc. Make sure you strive to excel. If you change your mind, let the other party know your current stand.

If you reach a place in your school life and you know you don't want to study, be honorable. Call in the parties that matter and let them know you quit. Don't just disappear from the radar. At least you will have done an honorable thing to inform them. Of course some will throw tantrums. But only you alone understand your passion.

It's better to quit school than lie to everybody while wasting precious resources. If you can't get committed to learn, it's no use floating for four good years killing your other talents. You can

be forced to study books but you cannot be coerced to produce their worth. The truth be told, not everybody's worth is in books. Know your area of strength and excel!

Have I bound myself to the cause of winning as a student and a person? Do I make this pledge to myself and my parents? Do I make this pledge to God or my country?

6. AN ANGEL CALLED ENTHUSIASM

'A smiling idiot looks better than an angry professor!'- DD

'You need to be alive every day of the term, even when the Monday is as blue as black! You need your joy to learn. Turn your school on with a famous smile. Even if your teeth are black, smile at all. No one will forget a black smile.'

I knew a girl who could never concentrate on class work. But when it came to games, she was the liveliest person I had ever seen. She made the compound beautiful and awash with colour. Her presence was magnetic.

She was a first class athlete and could run 100 meters race in slightly below 13 seconds. That made her one of the fastest women on earth.

But in those days, we frowned at those who were not good academically. We never spoke well of her. We didn't encourage her. That time, athletics had not picked up as well as we are doing now.

We killed her spirit. By the time we were leaving form four, she was fat and obese. She could no longer run. Years of discouragement had stolen away her enthusiasm. My heart goes for her. I wish we knew better.

If learning or doing what you do best doesn't excite you or fill you with excitement, you are on the losing end. You cannot afford to be bored by any lesson, teacher or activity. Your zeal is your anchor. If you lose it, you have no stamina to stay in school for years.

You need to be alive every day of the term, even when the Monday is as blue as black! You need your joy to learn. It's the oil to the engine or raw nerves and negative attitudes.

Enthusiasm makes hard stuff seem simpler. Your zest will inspire people. You will seem to simplify problems with your excited spirit. You will become a source of strength. Other students will want to be near you because you are a pillar of strength.

You cannot afford to be a Sunday student. The Sunday student goes to church or mass and sings wonderfully because he/she is merry. Such a student is happy and merry because God will not

appear to ask for the homework they never did. So momentarily they get relieved of their obligations to perform. They love a non-demanding God who they treat as their grandmother.

You cannot choose what to excite you and what to bore you. Your interest in every lesson and topic is the capital for your success. You must be the student whose eagerness to be in class is known. You speak and people know you are waiting to take on the coming lesson with gusto. No one but you can make learning interesting.

The passion to study is the gas you need to drive the vehicle of purpose. If it doesn't move you it will not move anyone else. Don't just study as an obligation. Study for fun. Study because it is adventurous. Study to discover wonders of the earth. Study the Guinness book of records. Study the atlas; know the capital city of every country in the world. Excite yourself!

You don't have to laugh to show excitement. It's all in the mind. It's about attitude. You can look serious but deep inside you are bursting with excitement. But at least you need to be approachable. You cannot afford to look like a gorilla and expect to inspire anyone.

Your excitement should inspire others. Students influence others very fast. If one dislikes a subject, the others may join her or him in the madness. Misery loves company. But don't befriend it. Run from sadness and boredom. Create your own happiness. Avoid being negative since it kills your zeal.

HOW TO ATTRACT THIS ANGEL!

1. WEAR A SMILE

You are not fully dressed until you have worn a smile on your mouth. A smile begins well your day. If you look at yourself in the mirror, the last thing you should adjust is your smile. Turn it at the corners of your mouth and see how cute it is. Go out and then spread the warmth.

You will score wonders. You can convince the world that life is good and worth living just because you smiled.

Smile is the only lecture the non-learned can impart with amazing influence. It makes the illiterates and the professor stand at par. A smiling idiot looks better than an angry professor! Learn to smile, it makes you look educated. It crowns an excited heart. When you fail to smile a whole day, you can as well conclude you have had a bad day.

2. CHOOSE YOUR COMPANY

At all costs avoid negative students. When you see them at the corner, turn away. If they try to give you their opinions, shake your head and file away. Make them uncomfortable with you. Don't let those who see no good distort your view of reality.

All students are not the same. Some will graduate only to reinforce the negative things they learnt from their homes. They

are only in school to confirm that life is horrible! They see everything in black and white. Even the rainbow, to them is ugly. They are ever learning but they don't get it. It's the same reason different people believe different things. That's why some people don't believe there is God!

3. CELEBRATE DISCIPLINE

Whatever you have decided to do in school, make it a party. This is where you will spend all your youthful life. Never forget that most of us will be in school until we are 25-45! You must put on the play mode to your life. You must switch on the button of excitement. Enjoy writing. Celebrate reading. Sing about homework. Show passion for your lessons/lectures. Dance about exams/CATs! It's your life. Love the class work. Shine in every way.

4. CELEBRATE PEOPLE

You need to choose to celebrate people daily. Rejoice at others as you say hello!

Acknowledge them. Say thank you!
Compliment somebody daily. Be generous with your kind words. Turn your school/college on with a famous smile. Even if your teeth are black, smile at all. No one will forget a black smile.

7. A BEE CALLED DILIGENCE

'Humans can appear to be busy while in fact they are doing nothing. A student can keep a book in front of him/her announcing to the whole world that they are busy studying. Only when you come closer will you notice that the poor fellow is drooling at the mouth, saliva streaming down, fast asleep!'

The night wore on. I was dozing at my desk again. I hated it; but I seemed powerless to retain my freshness. I would fight to keep my eyes on the book but soon I was back in dreamland.

The term was almost over, yet I could not study for exams. Instead of reading, I was fighting to stay awake. Interestingly, no one seemed to notice my bobbing head! This was my pattern every night of preps. I would concentrate for the first fifteen minutes and then everything else would become a blur of lazy dreams.

Instead of going to catch some cold whiff out and coming back, I'd prefer the hypocrisy of appearing to study. Infact, as I later came to know, this was not my weakness alone.

Many students continue to labour under false pretenses instead of owning up to the fact that they are fighting with sleep. The night preps, for me, were the most under-utilized hours. The labour that went into those precious hours was always squandered at the altar of forty winks!

It's only after school I thought of how foolish we were. You see, it was against

the school rules to get out of class at night unless one was going to the toilets. So I was a prisoner to this rule.

If it was known that many students were struggling with sleep, it would have been easier then, as a matter of policy, for students to be allowed to get out just for freshening as part of preps! Yet both the prefects and teachers never seemed to care. I wish they would have cared.

Humans at best can be the worst of hypocrites. Authorities ignored a problem that was not very apparent but was real just because no one was brave enough to speak out. Now I encourage students to own up their dozing habits so as to fight laziness.

Pretending to study while you are wasting hundreds of hours per term is madness. I'd rather sacrifice a few minutes to save several hours of precious time. Unless students and teachers own up this fight, laziness and hypocrisy will always win the prep game.

The bee that collects nectar from flower to flower is the bee that goes around pollinating a thousand acres of flowers which in turn make the whole cross country awash with color and fruit. The bee then goes back to the hive and deposits the nectar for the manufacture of some precious sweet honey. It goes out for more, without a prospect of wages or salary at the end of the month. The bee works on because it knows its purpose.

The bee is not tired at the end of the day when you retire. Deep in the night, the bee is still working while you are asleep. Early next morning, at the first ray of the sun, he is sweeping through the dewy grass on his grand errands to feed a lazy world. This is the art of diligence. Congrats to the bee. May the children of men learn the art of the busy buzzing bee!

The bee is never just busy like some humans. Humans can appear to be busy

while in fact they are doing nothing. A student can keep a book in front of him/her announcing to the whole world that they are busy studying. Only when you come closer will you notice that the poor fellow is drooling at the mouth, saliva streaming down, fast asleep!

For a student of life or school, there is no short cut to hard work. Until you are ready to work, no theories of success will work for you. Never compare yourself with those students who stay at home and when they come back, they are tops. You can never tell how for sure they operate. Whether they are geniuses or not, that's not for you to unravel. Work at your own normal pace. Be the normal student who reaps where he has sown.

Believing God for miracles without study is like a farmer believing God for a great harvest when in fact he has not planted or cultivated. Learn the law of labour.

Hard work always pays while laziness and slothfulness tends to produce failures.

The most successful student believes in hard work. Believing anything else is a theory which is yet to be proven. Even the genius must sit the exam with the rest.

I found these instructive verses in Proverbs:

*He who has a slack hand becomes poor,
But the hand of the diligent makes rich.*

Pr 10:4

*The hand of the diligent will rule, But the
lazy man will be put to forced labor. Pr
12:24*

*The soul of a lazy man desires, and has
nothing; But the soul of the diligent shall
be made rich. Pr 13:4*

TIPS FOR HARD WORK

1. Perspire before you expire. Let sweat be your legacy. Toil never killed anyone.
2. Avoid being busy without a purpose or aim. Do only what you have to do. Do not do anything for

the watchers to say you are a busy student. There are some praises you don't need.

3. Do all you have to do today. Repeat for finesse if there are mistakes.
4. Remember there is no one who will do your portion if you don't. No one can study for you. Do your own work.
5. Put in mind that you are not competing with just your colleagues across the room, but with thousands of others across the country; and for very limited spaces in the university.
6. The secret of success is working. Get working and don't stop until the last whistle is blown
7. Start your path to success by being at work Now!
8. Combine your theories, faith and work and you will come out with an original!
9. Do not be derailed or blackmailed by those who are lazy.

10. Do not do only the easy things, work at those things others think are hard or impossible.
11. If you waste a day, learn to lament and mourn. Plan how to make up for lost time.
12. Look at your time-table daily. Improve it weekly. Keep changing it. It is not set in stone.
13. Love your class work. It's the heart of hard work. Otherwise you will faint.
14. Kick away habits that encourage laziness; like oversleeping, overeating, over-talking etc.
15. Have some thinking time for yourself. Learn to analyze your days and plans.
16. Push yourself to meet your own deadlines
17. Avoid piling of homework. Deal with each as it comes
18. Avoid encounters that steal your time; like quarrels, grumbling, gossiping, scuffles or fights

19. Save time by soaking clothes or ask for help whenever it's convenient and possible
20. Keep a diary of accomplishments.

8. A THIEF CALLED PROCRASTINATION

'Tomorrow is not yours. So do not bank on it. It is true we are encouraged to plan for the future. But the paradox of life is that the future does not belong to us. We only have NOW to do anything worthy doing'.

I knew of a fellow who used to promise the grandmother a ride in his own vehicle once he bought one. Years went by and the old woman got older and older until she shrived up. She was hopeful to ride in the grandson's car. Lastly when I knew, the grandmother was dead and buried. The fellow has never bought even a motorcycle. He kept his hopes and her

grandma's dreams in a future he had never mastered. He had failed to do what it takes to master the future. He never lived nor invested in Today! He is still dreaming of a nice car.

The future is best prepared for by not banking on it but by doing what is expected of us to do Today. Living the future currently is an expensive dream. Those dreamers who only dream of tomorrow at the expense of today often wake up with nightmares.

Dreamers are good people. But only if they do their today's work Today. Do not shift the responsibilities of today to the next day. Whatever needs to be accomplished today is best done today. Living tomorrow is living on credit!

The hardest work in the world is the work which was meant to be done today but was pushed and piled up for tomorrow. Often, tomorrow is choked before it dawns because we refused to give it a chance by being lazy today.

The student who keeps postponing his homework often finds himself at his wits end when all the tomorrows he was banking on have become yesterdays. It is foolish to keep off today's work until tomorrow.

Tomorrow is not yours. So do not bank on it. It is true we are encouraged to plan for the future. But the paradox of life is that the future does not belong to us. NOW is your only guarantee in the scheme of time.

The foolish student is the one who puts his confidence on tomorrow. The smart student cannot trade with tomorrow until he wakes up to it. Tomorrow often begins when most of us are asleep and are doing nothing about it!

Procrastination is the option of the tired bones. An active soul will rather work today and rest tomorrow. It is better to ape God who worked for six days and rested on the 7th when he was through.

It's not wise to seek rest before you finish. Often the race we have to run is long and hard. Rest spurts are far in between and we should take advantage of holidays. Even so, we should work when it is time to work.

We used to say 'procrastination is a thief of time'. But as I grew up I learnt she was more evil than a thief. She is a murderer. In her graveyard lies millions of wasted opportunities and potential that was time barred!

She's a devil who says you can wait forever. She says and announces there's no hurry and no worry! She stood at Tunis and went to Cape town announcing, *"There's no hurry in Africa!"* Yet she puts her prisoners in a time-web of defeat. Later she buries their potential in the valley of delayed performance.

When you have murdered all the time you ever had by procrastination, you appear on the other end without revision

time at your service. That's when most students panic. All of a sudden the four years are over and you know you are not ready for the final exam. You become confused, touching this and that, accomplishing loads of worry!

When it's too late and the hours have slipped your grasp, your mind jams and you end up in a whirlwind of confusion. Nothing is as terrifying as to look through the prism of time and see the hours you had all channeled through an intangible glass of eons wasted.

HOW TO BEAT PROCRASTINATION

1. Don't defer work. Work out all you have to do today. The work of today is today's and not tomorrow's. Make it a policy of your study habits. Go according to your time table and plans. If something sudden comes and interferes, make up for the lost time immediately without delay.

2. Avoid being overcrowded with co-curricular and extracurricular activities. Give your academic work the first priority always unless you have assured self that you don't want to pursue academics. If that's the case, bingo! You are a very smart fellow. Many school students are foolish about this. You don't have to be in school to excel. What you need is to be a scholar for life. Be a learner everywhere.
3. I advise students who believe in their gifts or abilities beyond academics to quit school instead of wasting their time. I lived long enough in school to see a lot of resources wasted by schools, parents and students who refused to face up to this liberating truth. Even so, I don't blame them. It was a system's problem. We are slowly rectifying our mistakes. *(Note carefully: Very few students should ever quit high school to concentrate on the development of their talent early. This subject will be discussed*

fully in book 2. Don't miss your copy).

4. Do one thing at a time. Keep a track of your accomplishments. Adjust your time table often. Never heap work on yourself. Adjust your work levels. Do not be too ambitious.
5. Avoid promising others assistance when you are burdened with own homework which you have not completed.
6. Do not wait for tomorrow to do what you can do today. It's a golden policy for time redeemers.
7. Avoid excuses for not doing what you need to do.
8. Deal with any accumulating load of work NOW.
9. Make sacrifices when it comes to finishing crucial academic work versus entertainment. Learn to forgo easy things.
10. Keep in mind that there is no advantage in procrastination. When you put off today's work, tomorrow's work doubles or triples.

11. Learn to ask yourself what you are gaining from delayed performance.
12. Know that procrastination is the other name for laziness. Do you agree that you are lazy? By delaying action you stamp yourself as a lazy student. So make sure you never delay action any day. If you can make this a rule of studying, you will come out victorious.

9. A BLESSING CALLED GOAL-SETTING

“A person without aim in life is like a drunkard crossing the highway with his eyes closed and jay-walking”-DD

‘You don’t have to continue reading for exams if you are through with revision. Staying in class simply because others are reading is a waste of time. Don’t copy those who don’t budget their time. They could be grasping at straws because they are

late at catching up. Never behave desperate'.

When I was in form one, I was the only new student in the drama club because I was determined to develop my gifts. I went for national's drama festival in Kisumu. It felt awesome and the whole school took note that there was a determined new comer in the drama club. Within that week, I toured more than 8 new districts of Nyanza and Western provinces. I went as far as Uganda simply because I was in Kisumu!

If you line up the activities you do in school daily or weekly you can easily be able to come up with goals you can work towards. To come up with a good goal you need to be very specific in what you want. You for instance don't say 'I want to pass my final exam'. Instead you say you want to work towards attaining a mean grade of **A**-(minus) of **80** to **84** marks.

Do you have a personal goal? Do you have anything specific you feel you ought to accomplish at the end of the secondary education? What is it? What will you be remembered for after you have left school? Do you need to leave a legacy? Does it matter to you? Is your goal just to pass exams and file out of the academic world?

Students often confuse purpose and goals. Purpose is the big picture. Goals are the small steps we make towards the big pictures. A purpose is not necessarily tangible, but rather a constant direction. It is like a road leading somewhere. A purpose is fulfilled but goals are achieved. A purpose is fulfilled after accomplishing many goals. Goals are actions. They are verbs. Purpose and vision are nouns.

Purpose says: I want to be the wealthiest richest man in Africa. **Goals ask:** What do I need to do to become the richest man in Africa?

We need to think of goals in terms of activities or action steps. Things you have to do so that you can accomplish your purpose. Many students are daily taking steps but mostly they have no end in view. Most of them only do what the teacher has said need to be done. Most of their study time habits are never informed by any purpose or vision. Vision is the other name for purpose.

The word vision is used in connection with mental pictures, ideas, plans, images and visualized realities of the future. You can see something before it happens. You can see yourself as the tycoon of Africa.

You can design the kind of future you want through the power of imagination. What you see about yourself becoming in the future today is your vision. Your vision is as strong as your plans. A vision without a plan is impotent!

Once you know what you want, that's the first thing in attaining it. Many students

go through school without even thinking what they will get in the final exam. For them it's a chance thing. How foolish!

It is crucial to start working towards your goal in your first year since it makes it easier by the time you are in the final year. When you don't know what you want, whatever you get is alright with you. You never know if you have failed or not, not according to the examiner, but according to your potential.

A goal is meant to make you live to your potential. Getting a **B** grade and celebrating it while you could have attained an **A** is mockery to your potential. You got it because you were not focused. Most of the grades we get at the end of secondary education are mere passes.

Many students rejoice for passing and not because they accomplished their goal. To get your dream grade is the best thing that can happen to you. Passing is for those who are NOT keen on utilizing

their full potential. Most students perform way too far below their mental prowess.

A most discouraging thought about students' behavior is for them to celebrate the *mean pass* grade they often get, compared to what they might have attained if proper goals had been set. Most of them get peanuts in reflection. The average student who dares to set goals will perform better than the most brilliant student who has no goals.

The best example of living below potential can best be illustrated by the cars. Most of them can cruise at speeds of 140 to 220 km/h. However, on any day, most cars will be seen racing at speeds of 50- 80km/hr day in day out. This is exactly how the potential framework in our schools unfold. Many boys and girls are doing way too far below their capacity. How can this be undone?

You will never know what you are capable of doing until you compete with yourself.

If you attained 80 marks in History, that does not imply you reached your ultimate. Aim to score 90 marks before your next exam. But the secret is in **not waiting for the exam.**

Devise ways to test yourself through a hundred styles. Make and mark your own exams because you have goals which others do not. Be far ahead of the pack. Be able to tell what you can score even before the results are announced.

You can ask your teachers how they make lesson plans. There is a way to know if you are behind syllabus or ahead. If you really wanted, you can cover the syllabus twice before the final exam every year and still have the time to revise. You can aim to understand instead of mere reading and copious studies.

Never say there is no enough time. There is always time for those who create it. Instead of using 3 hours in washing and laundry, you can use one hour and save two! That's just one way. There are a

thousand ways to get your energies into a desired goal. The question is; do you have a goal?

A Goal is a plan with a time-frame or a deadline. Goal is the gun that shoots your target. Target is the bull's-eye you need to hit.

Goal is the next destination in your success path. Goal is the reason you begin moving towards accomplishment. Goal is the excuse for the activities you are struggling with.

Goal is your aim. Goal is the reason for pursuit. Goal is the point of scoring. No goal, no score!

TIPS FOR GOAL-SETTING AND FULFILLING VISION

1. KNOW WHERE YOU STAND

Be sure you know how well or poorly you are doing in class currently. Evaluate your strengths and weaknesses before you

embark on your goal making mission. The goal you pursue need reflect where you are coming from and where you are going. The big secret is to make a big difference. To know the difference, we need to know where we began.

You could be doing well academically and so you may not need to make any academic goals. Perhaps you need fitness goals, life goals or leadership goals.

It explains why bright girls get pregnant by stupid old men. They are academically bright but their life skills are zero! They need to learn to say NO, not only with their mouths but with their bodies too.

A girl can decide never to visit boys or stupid old men alone anywhere. She can make her decision part of her plan. It is decisions that make plans. A plan is simply a documented decision.

2. WRITE YOUR GOALS

If you don't write it down, chances are that it will never happen. Writing your goal down increases the chance that it will see the light of day 100%.

What you write becomes law unto you. It's your witness against backsliding. The stroke of the pen is mightier than the brightest memory.

Once it is written, it is defined. That which is defined is known. If the destination is known, the journey has begun. Knowing the end is half the trip. Writing is the foundation. If the foundation is intact, the building is halfway complete.

3. MAKE A PLAN (Actor/drama Hypothesis)

Goals are part of your plan to fulfill vision, but amazingly they too need to be planned for. To have a plan for your goal is to have other smaller plans to go about the other bigger plan! If your goal is to become the best dramatist or actor, what

will be your plan to become so? Let's take Drama:

Maybe I will join the drama club first. Then I will talk with the patron. Then I will join the club. Then I will do this and that and....That is how the smaller plans are made towards a goal.

But did you see those are just plans? No action yet. But notice they are not mere plans, they are what we call **action plans**. Even though they have not yet been done, they are a blue-print of what you will literally do. Even so, they are not yet **real actions**.

4. TAKE ACTION

No matter how wonderful the plan or goal, they can never replace **action steps**. Without action and work, your plans and goals are as good as dead on paper. When action comes in, vision stops being vision and starts to become **reality**. When action comes in, the

desires of your heart are sure to come to pass.

For most students, the most vital plan is the study Time Table. The action mostly involves going to class, get or borrow a certain book, then read, note points and revise.

When you begin to work your plan, your goal is assured. Keep working at it, a step of action at a time, and you will end up a winner. When action begins, fear starts to run away. When you begin to work on that mathematic problem, your fear of *Math* will start dying.

Real actions differ from action plans because an action plan may say: *I will see the patron*. However, when real action is to be engaged, you may realize there is no drama patron or he is out on leave. So what will happen to your action plan? Your action plans may not fit the realities on the ground. It means frequent adjustments will need to be done on your part.

5. NEGOTIATE

You greatest asset is the other students because you can work with them towards your goal. But you have to be able to convince them to assist you or help you in your quest for success.

Learn to negotiate with fellow students. If you do, this will profit you more than even seeing some teachers. A teacher is only available on limited supply. But your colleagues could be having the answer you need. The good news is that they are always with you. That does not mean you can't negotiate with teachers too.

It's a give and take world. Can you convince other students to help you? Did you know that you can learn more Drama from some students than from some patrons? So learn to talk it over and bargain for favours. Be swift in striking agreement towards your goal. Haggle and offer favors which cannot be resisted.

In my heydays, loaf and chocolate were the ultimate weapons for successful negotiation. Give the girls chocolate and swamp the boys with bread. They will serve you!

6. GET COMMITTED

Do what you must and don't get excuses to get off the bus to your destination. Go the full length. Deal with your shortcomings and don't let them get in your way.

7. BUILD YOUR GOALS

What you build eventually builds you. If you build drama and become a good actress or actor, the talent will build you. Doors will open for you where other students are barred.

When I was in form one, I was the only new student in the drama club because I was determined to develop my gifts. I went for national's drama festival in

Kisumu. It felt awesome and the whole school took note that there was a determined new comer in the drama club. Within that week, I toured more than 8 new districts of Nyanza and Western provinces. I went as far as Uganda simply because I was in Kisumu!

If you build research and science, science congress will open for you great opportunities where other students cannot go. You will go places because you built a launch pad. Every goal you build, it will in turn build you.

8. CONCENTRATE

Until you are focused you are not committed. As long as your abilities and energies are scattered, forget about goals. It takes the laser-focus attention to harness the wild strength of youth.

Students fight to be focused throughout their school life. It's the place of weakness for most of them. Distractions will destroy what you are building. It doesn't

matter how high you have built, immediately you get distracted, the project begins to crumble.

9. PURSUE, PERSEVERE & PERSPIRE

You need to reach out to your goal. Once you have established direction, go all out to strive for excellence. Work as if you are on a million dollar pay. Pursue the goal for its own sake. The dividends will come later. Refuse slothful spirit and instill in yourself a sense of mission.

Go for drama rehearsals as if your life depends on it. Maybe others want to go to university but you are not interested. You simply want to become a great movie actor. Go for it.

Use every break time to think up exciting scripts. Act and even plan shows for the school. Show case yourself. Show your sweat. You are on the path of success. Don't limit yourself to tradition. Go beyond because you have a dream.

10. GET SMART

A good goal is SMART. S for **specific**, M for **measurable**, A for **attainable**, R for **realistic** and T for **time frame**. A good goal has a deadline. It needs be specific so that it has no frills. You need to know exactly what you want.

If I want to be a great actor, my goal needs to be measurable. How do you identify a great actor? Credibility comes to question. The power to pretend and role play must be of essence consideration for parameters.

Can I attain great prowess in acting? Yes! Why? Because there are forums in school and outside school to gauge my development. We have the drama festival. We have the judges who make comments on scripts and acting levels exhibited.

Is it realistic to be a great actor? Can I live by acting? Yes! Why? The Nigeria movie industry take-off is an inspiration for

every African child actor. Your dreams are not far-fetched.

11. ENJOY THE PROCESS

Don't be so focused on the goal that you cannot enjoy the process. Enjoy the journey. There are lessons on the way to learn. There are mistakes and adjustments to keep making. The idea is to learn all you can along the way.

If I don't become the best actor this year, perhaps next year will be my year. I need to pull up my socks perhaps, and maybe make friends in the drama circles. My social circle is widening; I meet others who have my kind of vision. Alas, birds of a feather flock together.

12. IGNORE CRITICS

There are those who will tell me I will never make it on the big screen and that my dream to be a great actor is a nonstarter. Remember such people who say such things have no dream of their

own. They don't have any goal they are pursuing. That is why they have all the time to criticize you.

All positive dreamers encourage others in their pursuits. When you come across students who discourage you, learn to ignore them. They are the problem, not you. Don't worry if no one else is like you. You are unique and you need to follow that uniqueness. It is the mark of God in your life. Never seek to conform. Just be the person you were created to be.

13. IGNORE SETBACKS

What if this year there's no national drama festival because of unavoidable reasons? Don't dwell on that which depresses the heart. Come up with a plan to have an inter-house drama competition within your own school. It will boost your morale and fire up the entire school. Be the organizer. Meanwhile you will learn many valuable lessons. You will become a leader in your own right because you encountered

setbacks. Alas, the setback was a blessing in disguise!

Use every obstacle to further your vision and goal of becoming whatever you want to become. Nothing can stop you if you don't want to be stopped.

14. START TO FINISH

Be a stubborn leech that refuses to do half jobs. Go on till you finish the course. You are unstoppable. Rain or sun should not stop you. You must complete what you began. You must become the great actor you desired. Do not alight from the train till you get there. Even if you find a thousand road-blocks, tell yourself *I am not a quitter*. Struggle with dogged tenacity until you get your breakthrough. Finish the race and get your crown. Strive for the crown!

15. TRIPLE YOUR EFFORTS

If you must beat your contender in the race of life, then you must double or

triple your current sense of effort. The quality of your life depends on what you feed it. What you cannot beat now can be beaten only after you have adjusted to its demands.

If you are a weight-lifter and you need to lift heavier weights, then of a must you need to practice with heavier weights till your muscles adjust to the strain and stress.

Do you have trouble with Math like most students? If mathematics require 4 hours but you only give them 30 minutes per week, you won't beat your trouble. You need to increase the time you give to Math!

16. AIM BEYOND THE GOAL

They say if you aim for the stars and the sun you may land on the moon. Rather, you are always encouraged to dream bigger than your abilities to make room for adjusting to failure. If you aim too low

and fail it will be disastrous. I'd rather go for an A grade and if I fail, I end up with a B; rather than go for a B and end up with a C or less.

Going for the kill is adventurous. Become like the lion and the eagle. They hunt bigger preys than themselves. A lion will go for an elephant and struggle with it until it brings the behemoth down. The lion refuses to be intimidated by its goal. It aims for what it wants and goes for it, no matter the cost and price for the dream. Become a lion!

17. SET DEADLINES

When will you finish reading or writing that novel? Deadlines help you to slot time budget into specific duration spans for specific action. If your action steps are well spelt out, then deadlines will be realistic. If you don't have deadlines, it means you don't understand goal setting. But most probably, you don't have even any goals yet.

Only the confident goal setter is confident about deadlines. You set limits of duration as a way of budgeting time. Time unbudgeted is wasted time. You will never know when to start or stop if you have no time guidelines. Deadlines are guidelines!

You don't have to continue reading for exams if you are through with revision. Staying in class simply because others are reading is a waste of time. Don't copy those who don't budget their time. They could be grasping at straws because they are late at catching up. Never behave desperate.

Keeping to your deadlines is a reflection of steps well carried out. Until some of us learn to work with deadlines, we will float through life without accomplishing much. At 33 years of age, Jesus was through with a lifetime of labor. He did so because he had strict sense of time and timing. Some of us may live for 80 years and we will not accomplish a quarter of what he did.

Every class textbook has specific pages and exercises. If you know your pace of reading, you can within one week compute and conclude on how many days you will need to cover all the 8,7 or 5 textbooks. It's as simple as that. But because of tradition, we believe that we can never read on topics which we have not covered in class. Reading ahead is wisdom. Understanding comes later. If you well budget your time on those textbooks, you can read each of them four times before the end of the year!!!

18. APPRECIATE PROGRESS

Rejoice and celebrate the little or big differences you are making on the way. Every step accomplished deserves a pat on the back. Remember, you are the only one on this path. Your goals are unique to yourself even if you are many in the classroom. No one thinks like you do. So you are the one to celebrate yourself. Give yourself incentives. They keep you motivated.

19. EVALUATE SUCCESS

Once you have attained a goal, it is accomplished and you need to set another one or simply embark on the ones you had set to go on with. It is wisdom to set new goals if you are through with the old ones. This is how you evaluate your own success. How far have you gone? How much have you accomplished so far? A goal not examined is not worth pursuing

True success is daily. So if you can't celebrate success daily, you are waiting too long to evaluate it. Today is the only day you have. Learn to ignore the future so that you can enjoy today. Do not live for the future though you strive towards it. This is the paradox of life.

20. GIVE UP TRIVIA

You will have to give up some things to accomplish your goals. Whatever is not contributing to your goal must be cut off

from your daily or weekly routine. If your goal is to become a DJ, then you can't cut out entertainment on Saturdays. But if your idea about goals is to be a preacher, then the Christian Union is for you when others are *rockin' N rollin'*.

Sacrifice is the bedrock upon which great accomplishment are founded. If you cannot forgo trivia and stupid pursuits of youth, then you can fold up your dreams. Your goals will be a pipe dream. You must be willing to lose to win. Cut the junk off your life.

21. DON'T GET IN THE WAY

Do not get in your own way because you are your own worst critic. You can end discouraging and doubting yourself more than anyone who has ever lived. You can belittle everything you have until you feel useless. You can despair to the point of suicide.

Don't entertain thoughts of defeat. A positive attitude to the end will be closest friend. Do not bargain about how you feel. Tell your body how to feel. Do not listen to negative emotions fighting to control your psyche. Your enthusiasm will silence the dark voices of mediocrity. Go for it and don't fear. Cast off restraints and soar like a bird. You are a free soul.

10. A MOVIE CALLED DREAMING

'You cannot dream beyond your predecessors if you keep the pattern of their tradition. Very few things ever change from the first year to the last. If they do, the impact is very minimal in the overall performance of students. Most times a school will never change until a new principal or head comes and takes over. Old habits die hard!'

'The horror of secondary education is that many students end up becoming average students. They operate like creatures of habit and tradition. Very few ever go beyond the culture they find in the said schools. Even the very best schools academically reflect poorly in other co-curricular areas. It's very hard to find an-all-round-excellent school in many countries.'

Once I was training drama in a certain girls' boarding school. When we went for the districts competition, the adjudicator gave me a comment that caused me apprehension regarding the provincial levels. I realized I could not sleep very well after that. I wanted us to win. So I lay dreaming of how we could improve our choral poem. It worked.

I dismantled the entire piece and recreated it. The props, décor and casting changed. It became marvelous in our eyes. It was same script but amazingly we adopted different production techniques. In the next level it won the award for the

most original piece. Original? Yes, but it was just a make-over!

Creativity and originality go together. But we can be creative without having to be original. Most dreams are based on something known. The problem with the world is not that we don't have original people. We simply lack creative people. The lack of creativity creates the average.

The average mentality does not allow creativity to flow. Deep-rooted cultures and status quo prevent independent thinking. You cannot dream beyond your predecessors if you keep the pattern of their tradition. Very few things ever change from the first year to the last. If they do, the impact is very minimal in the overall performance of students. Most times a school will never change until a new principal or head comes and takes over. Old habits die hard!

In a school where the institution is a powerhouse in athletics or sports, that's the line of effort that will dominate even

the freshmen. In such a school, the emphasis will be on sports and athletics. Where the mainstay has been academics, all energies go into the bookwork at the expense of the fieldwork. The individuality of the student is somehow swallowed in the general psyche of the school.

Imagine a case of the boy or girl who wanted to become the fastest person in the world 100 meters sprinter race. Now let's say such a student comes to a very academic oriented school. Though he/she is clever and scored the needed marks to join such a school, their real talent is never given emphasis in this new school.

Such students may learn to cope yes, but the damage to their dreams will have been total. It's not the problem of our institutions *per se*, but a problem of the entire system of education from top to bottom. It has to change.

You have a license to stretch your imagination. It doesn't cost a thing. That sudden flash of inspiration could change the world. Don't always look at things as they are, but as they could become. What can you do to add value to what already exists? Dreaming often is not about bringing great changes on earth, but improving what someone has already done!

The current computer is in the palmtop or phone version. Less than sixty years ago the computer was so big that it filled an entire room. It was immovable, an immobile giant machine. It was a burden. But throughout cumulative improvement on the same, the computer has undergone a great metamorphosis up to where we are. Now you can have a computer in your pocket and run with it!

Dreaming does not have to be absolutely original, you can simply dream of improving what already exists. Some improvements are as good as the originals or even greater than the original

inventions. When we think transport, people will not just go and get a bus, but a *comfortable* bus for their transport. Continual progression of mankind is based on dreaming little steps of development.

11. A DEGREE CALLED COPYING

‘Not all copying is negative. Some people work better on ideas which they have just heard from others. Someone may say something and an entire library of information opens in your brain’.

“Imitate me, just as I also imitate Christ”. Dr. St. Paul

A man called William Shakespeare inspired generations after him with his witty literature feats. Even long after he had died many thought of him as a great original author, playwright and poet.

However, what many who know Shakespeare never knew was that he was never at all original. He was greatly inspired and copiously copied the works of another man called Bucchacio. But he did it so cleverly that it was not until years later that the concept was discovered.

Usually we are discouraged from copying. It's dishonest to copy another student's work if you failed to do your homework in time. Copying becomes a crime in the exam room. Copying becomes lethal in a guarded national exam and it can discontinue your education career. Recently heavy deterrent measures have been put in place to discourage dishonesty.

However, not all copying is negative. Some people work better on ideas which they have just heard from others. Someone may say something and an entire library of information opens in your brain.

There's good open copying that goes by the name imitation. There's negative and positive imitation. All imitation can be limiting and therefore you should aim only to copy that which will enhance you. If you copy wrongly, you will become limited.

There is a way to know when to copy and when never to. If what you want to copy from someone is a positive virtue, then go ahead and copy the same.

Let's say there is a student who is very good in languages and can speak impeccable English or French. If the secret to his success is reading English and French novels plus listening to such FM Radios as teach these languages, then it would be okay to get such novels and tune to such channels as he listens to.

That is positive imitation and it cannot limit you as a person. This way, we say that the person has pointed the way. You

are following in his steps. You are imitating him.

Whoever you imitate becomes your role model. You imitate someone because he/she is a beneficial to you. If what they are doing is bearing better fruits than yours, it would be foolish to continue doing anything lesser than them. If they are fruitful in their style, it would only be wise to follow them. If it is working well, then crown it. We say it's not good to re-invent the wheel. It would be a waste of time. Some things in general, are worthy of imitation.

12. AN ART CALLED WRITING

"To be careless about your handwriting is to be careless about your grades...To be concerned about your handwriting is to be concerned about yourself. Your handwriting represents you before the examiner marking your paper."

“Taking notes is an art you need to learn”

It’s a story I love to tell.

I met a friend called Dan in the university and he changed my note taking forever. By the time I landed in campus, I thought I was good at taking notes. However I realized I had just been being spoon-fed.

I noticed that my friend Dan would always beat me in all the CATs and this got me wondering because he never used to write a lot of notes as I did. I would always be attentive in the lecture hall hanging on every word the lecture spoke. I wrote as lecturers spoke not to miss anything. Yet Dan thought that this was the dumbest thing I was doing in the chase.

Obviously, there’s something Dan knew which I did not. So I simply decided to learn from him. He revealed to me my weakness and replaced it with his strength. I was very grateful.

MASTERING THE NOTE-TAKING GAME

Dan let me see that writing notes is nothing. What matters is whether you have understood the scope of what you need to write. Dan only wrote points and left the details. He let me know that what mainly the lecturer said in class was elaboration and extrapolation of the things or points which he said. In fact, most of what was said was tales to tell! Stories!

So Dan would only capture points. He would not write the examples the lecturer gave. He spent the time I was copiously writing to listen attentively to the lecturer. He explained that my attention was being taken away by notes writing. I needed to listen to the lecturer attentively without having to write anything.

He said he does not go to class to write notes *per se*. He used to go to class to

listen attentively to understand. For him, note-taking was a distraction. If he wanted notes, he knew he could get the same in the library provided he understood what the lecturer had shared. He rather would go and do a research of his own and come up with more examples than would ever be needed in an exam room.

This way, he became a master at answering any questions that were brought up in CATs and exams. Once I learnt this, I became extremely good in the exam room. I finished any exam in half the time scheduled, including the final exam!

By the time I did my last exam, I knew without doubt I had mastered the game. I finished most papers well before time. I wish I would have known this before my third year! I would have ended up with a first class honors. I got a *second upper* but I was grateful to Dan for it.

So I insist that you make sure you understand your subject before you write anything down. This can be done in points' format. A point at a time implies you can summarize the truth. Until you have learnt to summarize, paraphrase or quote an idea, then you are still a child in education.

DEVELOPING A GOOD HANDWRITING

Ideally, in a developed world, we should be thinking of having Laptops and palmtops for typing our notes. Imagine if you had a laptop for your notes! Well, you also might need to learn to type and it's not easy. So let's talk about old plain handwriting...

In high school, I realized I had more than seven different writing styles. My handwriting was never consistent. Now, there is a big connection between your handwriting and your personality or character. An inconsistent handwriting implies you are erratic and cannot follow

through. You guessed it, I was not consistent!

So, in a sense, to be concerned about your handwriting is to be concerned about yourself. To concentrate on your handwriting is a big step towards academic discipline. On the whole, it's the foundational cornerstone of your academic expression.

To be careless about your handwriting is to be careless about your grades. You can improve your handwriting just as surely as you can improve your grades. It may take time but the secret is to be determined to have a unique consistent determined expression.

A determined handwriting is the one you choose to represent you. All of us have the ability to write differently any time we hold a pen. However some people have mastered a certain specific style that is like a signature to them. They no longer oscillate between short, fat, thin, long, straight, bent, big or small letters.

The key words are **choose** and **determine** which style you will adopt as your own. Once you have chosen a certain style, know that it will cost you some discomfort if you are just adopting it for the first time. So your challenge will be to develop speed. To do this, write compositions from your imagination. It works.

I have met students whose handwriting is as good as any font in a computer. Some handwriting is so refined you can't believe what you are seeing. Some individuals have calligraphic handwritings and you just marvel at the ease with which they pen down their notes. Even so, they have to work at it to refine it.

What seems effortless today was not always like that. Of course, the place of talent cannot be debated. But like all education aspects, learning is the name of the game!

However, the average student struggles and oscillates between writing like this now and like that then! You can with effort decide to stick and speed a certain style. It does not have to be calligraphic. Just strive to be legible. At least every letter should be decipherable by a new teacher or strange examiner who knows nothing else about you.

This is vital because some examiners get or make an attitude about you based on your expression on paper as shown by your handwriting. We are saying your handwriting represents you.

Beyond the exam room, in the corporate world, some companies you may need to seek jobs from insist on a handwritten application. This is always a trick to get a few things. One; that you are really the one who has written the letter and not a professional. Two; that you are careful, neat, talented, organized and spirited in your expression. In your handwriting, they meet you!

SUMMARY TIPS FOR GOOD HANDWRITING:

1. A good handwriting is a skill which needs to be developed as early as today. Many students ignore developing it even at tertiary levels to their own undoing.
2. Write down all your styles on paper
3. Ask some friends which style they think is most legible. You don't have to agree with them but consider their opinion.
4. Choose one and stick with it
5. Determine it will be your handwriting even under pressure. This is the most difficult part. It means you must guard against being side-tracked by whims and feelings. To determine is to be always conscious that you chose to stick with the said handwriting.
6. Get an entire exercise book to practice the determination bit. Write different things on different days. As you practice, you don't

have to make sense. You can write nonsense in a sweet way!

7. Improve trouble letters. You will realize some letters are not legible or consistent. Practice to write every letter in a repeatable way.

13. A WORLD CALLED SOLITUDE

***“Great eagles fly alone
Great lions hunt alone
Great souls walk alone
Great sharks swim alone”***

Most of the great inventions on earth were never done by a committee, organization or a team. They were done by individuals who chose to be different. Until you are willing to respect your uniqueness, then forget birthing anything new on the earth.

To be a great thinker you need time alone to figure out things for yourself. This is why perspectives matter. We don't have to think alike. Else, inventions would

never come or see the light of day. We don't have to be together doing the same thing to feel good or enjoy life.

Ultimately, students find themselves alone in the exam room. When it matters most, life deals with us when we are alone. We are born alone. We die alone. We make the most vital choices of our lives alone. You may be in a group but the decisions of your head are always alone.

How you cross the road, how you pick a fruit to eat, how you write, how you act at every moment is a decision made all alone. In fact, even when teams are playing football, you will notice that there is a top scorer and a goalkeeper in the same team playing quite different roles. They seem to be world's apart yet they are in the same team.

THE IMPORTANCE OF BEING ALONE

1. You will never learn your uniqueness in a crowd.

2. You will never discover any earth-shaking invention in a group. Research shows it.
3. A group tends to relax and conform instead of celebrating diversity.
4. People tend to blend in towards an average mix instead of doing their best to stand out.
5. Being alone helps you keep focused in your goals and dreams. Joseph in the Bible had to be taken away from his brothers in order to get deeper in himself. If he hadn't, he would have wasted his life trying to be accepted by a group that had already rejected him.
6. A lot of energy and focus is wasted by students and teens trying to be accepted in a group instead of developing their gifts and serving others. The energy used in trying to please others and being like them would rather have been used to study, memorize, learn a skill, improve self etc.
7. When life is over, it will be discovered that the people we

called friends actually were the enemies of our time and dreams. We wasted time on them instead of developing our dreams, gifts, talents and goals.

8. During break times, you will notice that students want to be together to chat, joke or just make noise. These sessions relieve stress but mostly they encourage group and mob psychology. Mob psychology is usually stupid psychology.
9. Still, you will note in a mob, it is one or two students who dominate the talks. So unless you are buying into their ideas, then you don't have to be there because mobs tell stories. There can never be creative thinking within a plot less mob.
10. A mob, group or a committee may deliberate and come up with a solution but only an individual's thinking and reflection triggers creative thinking.
11. Always remember that even the best teams in the world, are led by lone, creative thinkers, coaches,

administrators, leaders or managers. You might have noticed how a team or an entire country blames a coach when they lose a game!

12. To learn to be alone is to take charge of your life early enough. You don't have to be lonely but give the best of your time to yourself and not to groups, events or friends.
13. The secret of being alone is to be able to focus. The energy of a human being lies in their ability to focus their desires and goals towards achieving something. If you can be alone you can focus. And if you can focus, you have entered the league of winners and achievers of this world.
14. The power of solitude is the power of leadership. Solitude separates the men from the boys. Jesus, who was the greatest leader the world has ever seen, used to love being alone both from the disciples and the crowds.

14. A CITY CALLED LIBRARY

'I, Daniel, understood by the books the number of the years whereof...'

Prophet Daniel

'Libraries are not meant for academic purposes only. There are many life answers contained in books that you need to explore. Deep your hands and mind into knowledge. Get answers and solutions for life. Read motivational books like this one. Your mind will completely change for the better. Liberate yourself beyond the academics.'

Story of Dan:

A peculiar story is told in the Bible about some people who were held captives in a land called Babylon. They had stayed in exile longer than they were meant to stay there because of ignorance.

A learned friend by the name of Daniel however discovered this glitch by reading books. He understood by the books of another author, Professor Jeremiah that the captivity of Israelites in Babylon was meant to only last seventy years and not more!

As it were, 70 years were already over but the dudes were still in exile. Daniel, armed with this new liberating knowledge from the books, set in place strategies for intervention and the captives were freed almost immediately.

Story of Bonnie:

While still in campus, I got a job with an up-coming newspaper. Working with me was a young man named Bonnie. He told me his own amazing story of how a small booklet liberated him.

Bonnie used to walk several kilometers to town daily. He could not raise bus fare from his estate to the City CBD daily. It was a daily torture to walk for eleven

kilometers back and forth. But he had to survive.

One day, as he was distributing our newspapers, at one newsvendor stand, he saw a small booklet which caught his attention. It was titled: ***How To Sell Anything.*** He purchased the booklet for 30 shillings and devoured it.

That was the last day he ever footed to town. He began selling! He moved from being a broke boy *yesterday* but *overnight* he became a salesperson. He sounded convincing to his customers outright. That's the kind of confidence and liberty you will get from inspirational books.

Bonnie has a big office in the Nairobi CBD at Bruce House; thanks to the low cost worth booklet on salesmanship. That is the power of knowledge at work.

Power of knowledge;

Knowledge liberates but we have to give ourselves to it. We must expose our heads, hearts and souls to knowledge if it has to benefit us and the society around us. We must do it for those who are in chains. We must liberate our friends.

The problem with most academic ventures is that they end up in the mental realm. But practical knowledge needs to be experienced in our daily lives.

Gathering, acquiring and then utilizing knowledge takes time. It is a discipline every student needs to develop if he/she will be able to help our society. Going to the library to study should not just be done for purposes of passing exams.

A good student should go to the library with an aim to serve his/her people. Such a one must know from experience where his/her people are troubled and suffering. To alleviate the suffering of our people we need liberating knowledge.

We live in the days of knowledge. There is more knowledge in the world now than can be consumed in a life time. We are suffering not from a lack of knowledge anymore but the opposite. There's too much we don't know where to begin. We can't read everything. We can't watch every TV station, channel or program! We can't visit every website! However, we must read.

That means being in the library requires reading skills. We will come to that. But for now, suffice to say that we need to become hunters of knowledge from when we realize that we are bound (*we are not free*) in some area. Every area of captivity in our society needs to be addressed through the avenue of liberating knowledge.

Some schools don't have a library but they have a place they call a reading centre, room, class or house. Whatever the case, it's vital to be a friend of books. Go there and get books. Read as a

solution giver. Read for positive and practical living.

A library opens a new world to you. You need to explore the glory of all types and manner of books to become a good general student. Our country produces some of the best general students in the world by the reason of our wide curriculum.

Many solutions are academic but there is more to a library than merely academic literature. Go for practical life application literature. Devise solutions for your school, club or society. There are books on First-Aid. What if there was an explosion in the school? Can you deliver during an emergency?

There are many life answers contained in books that you need to explore. Deep your hands and mind in knowledge. Get answers and solutions for life. Read motivational books like this one. Your mind will completely change for the

better. Liberate yourself beyond the academics.

15. A GIRL CALLED GROOMING

A rich influential lady got involved in an accident in the city center. Her car was ripped apart and her clothes torn. I was part of the people who witnessed the scene. The accident notwithstanding, men began to talk about the dirtiest panties they had ever seen on a woman! What?

She was not hurt, only shaken senseless. The rich woman was helped into a waiting taxi by good Samaritans but she smelled really bad. Her underwear was torn and uncommonly filthy.

The accident exposed her years of madness. On the outside she was dressed to kill. She wore expensive jewelry and dainty shoes. She seemed and appeared sassy. Was she? Her panties were coated

with stain, grime & grunge! Where had she gone so wrong in her school days?

The story of Consolata

She's my learned friend and we can joke about this now. She told me the story amid crazy bouts of fun.

While in primary school, one day she decided to go to school without her panties on. Unfortunately, a game they were playing with boys turned chaotic and everybody was running helter-skelter. She was tripped and fell headlong; her skirt lifting up all the way, exposing her tight chocolate butts.

The boys had a free movie and girls were blushing. She had to be picked from the ground by a teacher, who in turn gave her a thorough tongue-lashing and a beating.

What are the things you consider before you begin dressing and when you leave your dressing room? Of course there are

no dressing rooms in many high schools. In a university things are a bit different. However, later it shows openly. The place where you dress may not matter much, but how you dress does.

Smartness is an art. In every school you go, you'll find smart students, not-so smart and the scruffy ones. What usually brings this kind of difference in physical grooming of a people who practically live together and do the same things daily?

We could point out to upbringing standards and backgrounds but that isn't sufficient to answer why even students from rich families go about clad in dirty unkempt attires.

Why is it that some students look as if they get dry-cleaning services while others seem to always struggle to appear presentable? Why would some students think it easier to stay in the same clothes they wore the day before instead of changing daily? What is it that keeps a

student non-inspired to excel in personal grooming and presentation?

Different people have different areas of growth and they need to be given time to appreciate strengths that they might need to acquire.

AREAS OF GROWTH IN GROOMING:

1. ***Underwear hygiene:*** Decide to change your inner wear daily. Washing the same daily is a plus. In this respect the girls are better than the boys. If you find a boy who changes his briefs daily, indeed he is disciplined in grooming. If you find yourself struggling to wash your panties or briefs daily, at least change them daily.
2. ***Uniform washing:*** If you can afford a set for every day of the week, that's ok. But if you cannot, then you need to part ways with laziness. The solution lies in washing the set you have already

used immediately or before the other set gets dirty too.

3. **Hairstyling & shaving:** Shampoo is good for everyone. It checks proliferation of dandruff. Dettol is good for boys and men. After shaving, insist on Dettol instead of applying spirit. For girls, there is always a hair code in high school but in tertiary colleges it is as you wish to style. The unwritten rule for hair is to keep it manageable.
4. **Shoe shining:** The best way to keep leather shoes clean is simply to shine them up. The best time for shoe shining isn't in the morning, but just before you sleep. Why? Some manual efforts are not worth taking your time when you are fresh. That's the time to read.
5. **Ironing:** You need to develop the discipline of ironing in primary school. Amazingly, even at tertiary levels, some students can't iron their clothes. You need to grow!
6. **Ties & Bows:** You need to develop your tie tying and dressing

techniques while still at school. Later it can be too embarrassing to appear in an interview with an askew tied tie or bow-tie.

7. **Manicure:** Try pedicure and manicure that is friendly to you. Just be smart. Don't be loud. Dirty nails are an abomination. Keep your fingers clean and constantly ensure there is no dirt between your nails. Every student should own a nail-cutter piece. Razorblade for nails ain't advisable.
8. **Teeth:** Brushing your teeth needs 3-5 minutes but most of us rush through the process as if it's a necessary evil. Stay at it and take the brush every way and angle. Gurggle and rinse your mouth twice. What's the hurry for? You have only one set of teeth till you hit seventies and above, take care of it. Make your smile beautiful
9. **Smile:** Smile is the last crown of your dress-code. You need to wear a smile all the time. It's good for your grooming. Spruce yourself

and get out in style. In fact, you are not full dressed until you smile. Smile!

10. ***Make-up:*** Less is more, especially for students.

16. A SECRET CALLED PRAYER

“Education should not be about passing exams or getting jobs but finding purpose. Such that all our education process is a prayer! As students, we are actually pleading with God to direct our path to destiny. The best prayer is the quest for purpose. There’s life beyond the academics”

The proverbial gazelle paused to pray as it panted away from the chasing lion. “Oh God, help me escape the paws and jaws of the lion. I’m in deep trouble. Don’t allow me to be caught. Please slow him down father! You said my life is precious in your eyes!”

On the other hand, trailing behind and pursuing his meal, the lion became earnest with God. 'Oh God, remember my four cubs. We have not eaten for days. Just give me the energy and the speed to keep up. You promised me my daily bread!"

Prayer is simply talking to God. Even atheists who say there is no God have been known to pray when at their wits end. Instinctively, all men turn to divine help when all their efforts hit the floor.

Prayer is calling for help. The greatest prayer we need to pray is not to pass our exams as many students pray. Rather, the greatest prayer a student can pray is that they should discover their purpose. The best prayer is the prayer for guidance.

When we are children, we promise mum and dad that we will become doctors, pilots or lawyers when we grow up. At that time, we are really sincere and we mean it. However, as time flies, we realize we are lost and our old dreams have

become a figment of our imagination. We change and turn and ape and switch and fret.

New careers and technology open our thinking and magnify our choices as we discover our talents coupled with new levels of learning. We know more but we are confused in the maze of knowledge. What do we do?

We need help. God made us. He manufactured and wired us for a certain specific purpose. We need to ask him what on earth our earthly education is all about. We need to ask God to guide us to discover and utilize our full potential.

We err in prayer when we tell God to make all our students to pass. It's not important. Failing in the exam is nothing. What matters is excelling in life. So, students should be taught how to excel in life and not in just academic exams.

We try to put God in a narrow box of mediocrity by pleading with God to make

us excel in the wrong purpose. God would rather you fail in school but find your purpose to excel in life.

Education should not be about passing exams but finding purpose. Such that all our education process is a prayer!!!! As students, we are actually pleading with God to direct our path to destiny.

The last prayer Jesus prayed was about purpose. He said repeatedly, "Thy will be done!" To be guided to purpose is to surrender to the one who knows you better than you know yourself. To know purpose is to stop to pray and agree with God.

17. A FRIEND CALLED MEMORY

(A BOOK WITHIN A BOOK)

'She is your last friend in the academic frontier. She is your only confidant in the British styled exam room. She will stand with you even when your

favorite teacher, textbook or friends have vanished. She is your memory'.

To a great degree, the education system of Kenya and other commonwealth countries is British in origin, style and application. It was brought to the colonies of Britain as a mental package or product. It's based on studying facts and retaining them as truth. It was brought to illiterates who needed to discard what they knew in favor of the superior knowledge of the white man.

Whatever the natives of Africa were taught was to be the point of examination. Whether it was true or not, that was immaterial.

If you didn't have the facts, you had nothing. In the exam room, you either knew the answer or you were done. The examiner wanted the students to reproduce facts. This seemed to be the only capacity and aptitude that was and is until now examined in our schools.

These types of exams are extremely limited and can never be the true measure of a student's intelligence. But because of the system of exams we have to do, the memory becomes a crucial part of the Kenyan student. To pass in Kenya, you have to have retentive intelligence. Without this skill, you are not a university material.

Many bright students have failed to make it to the university not because they were poor academically but simply because they had a shallow retentive capacity. Much as this is unfair, any argument against the system will not suffice to help a student who has already failed.

THE FIVE INTELLIGENT QUOTAS

The brain is divided into five parts of intelligence quotas: **Logic**, **Memory**, **Imagination**, **Emotions** and the **Will**.

The **Logic** is the part of your mind which deals with reason, analysis and synthesis of information and facts learnt or

observed. Logic asks questions and seeks answers. It is the place of curiosity and the quest to know. Logic seeks to understand branches of knowledge and philosophy. It divides, dissects or multiplies facts to come up with reasoned perspectives.

A good logic creates great thinkers. Great thinkers are great writers. Thinkers don't have to agree. Perspectives matter to them. Of course we don't see truth as it is; but rather as we are!

Logical people become masters of influence in thought and education. Their books are acclaimed worldwide. Some of the greatest thinkers have shaped civilizations past and present. A few include Aristotle, Freud, Machiavelli, Karl, Loci, Plato, Archimedes, Augustine etc.

Their thoughts produce for them. Their mode of production is analysis of thought and synthesis of information or research. We honor and esteem their mental property. They are most active

when they are thinking. Their calmness is their activity. This is logical intelligence. It's expressed in writing largely.

Imagination is the part of your mind which dreams and figures out plans, plots, tactics, devices and procedures. It sees what has never been done and wonders why not! It is the creator of new things. It is the eye of the brain. It's the album, TV, studio, telescope, camera and the movie-maker of the mind.

This part is even more important than facts but rarely do we get tested on our imagination. The English composition in the high school exam is given only 40 minutes! Yet, imagination is the part that has led to great inventions and great strides in creative genius. Without imagination, knowledge is just that. It cannot be harnessed to produce anything tangible.

People endowed with great imagination become the artistes we all love to copy. Their great pieces of artwork, drama or

songs are sold for untold millions worth. They are the beacons of inspiration and masters of entertainment. There's a sense of magic in the freshness of their work and ideas. Great imagination giants include the late Michael Jackson, Leonardo, Shakespeare, Beethoven, James Cameron, John Woo, Spielberg etc.

They don't necessarily invent anything new but work with the available information to come up with extremely out of-this-world stuff.

EMOTIONS

Emotions govern our feelings and sensations. Without emotions, passion can never be achieved to pursue anything. Emotions are vital to intelligence just as logic is. You can be a logical philosopher and fail in life if you are emotionally deficient.

Emotionally intelligent people may perform poorly in a memory oriented

exam but it doesn't mean they are dumb. To be emotionally intelligent is to understand yourself and the people around you. You may be a great genius like Sigmund Freud or Michael Jackson but miserably fail to connect with other people. Your logic or imagination maybe perfect and yet emotionally you are warped up.

When you are emotionally intelligent, you easily cope up with people even who are problematic. You deal with people in such a way that they cooperate to give you whatever you want in life. To be good with people or interpersonal skills is success in itself, all exams held constant!

The greatest exam you will do in life is pursuit for happiness. If you can manage to be happy and fulfilled all the time daily emotionally you are doing excellently. When your relationships are ok, it's very easy to achieve happiness.

You only reach fulfillment in life if you enjoy what you are doing. Your interests

become your engagements and you are paid for it. To make a career out of your hobbies is the biggest boost emotionally. You get paid for what you can actually do for free.

Most hobbies betray hidden talents in the persons who engage in them. To emotionally follow what you like doing and excel in it is awesome experience. Do you enjoy what you do?

If what you do is done with others, like in a setting of football or church, it's likely that you will be happier than those who work with non-living matter, for instance stones.

Martha Teresa, Jesus Christ, Florence Nightgale, Helen Keller etc, were people who were moved by compassion and moved the world with compassion. That is raw emotion in expression. They were emotionally intelligent. They got the world to take attention of their emotions at work.

Most mothers will be remembered long after the fathers are forgotten because mothers are emotionally intelligent towards kids than their fathers are. If more men could learn to be emotionally intelligent, their impact in the world would turn the world upside up!

Emotions are often neglected in academic endeavors to the overall failure of many students, schools, education systems and nations.

If you don't enjoy a certain subject in school, beware lest your joy and happiness be eroded by it. It's counter-productive to do things you don't enjoy doing. Many parents force kids to stick to subjects or careers they don't love naturally.

The feelings of a human being are the compass of his life. If you don't feel good about a thing, that's a strong mental signal it's not good for you. If it feels good before doing it, during the doing and after the doing, then it's vital to

pursue it. Actually, you feel nice or bad at your guts. Somewhere in your tummy there's a monitor of feelings, yea, at the pit of your stomach.

The language of the emotions is the loudest language of a human. It is beyond words. Your Logic and Will may reason and decide to wake up early to read daily at 5AM in the morning.

However, if the emotions fail to support the plan, it will fall flat at the seams. At 5AM, you will hear the alarm go off but the emotions will sabotage the decision by refusing to cooperate in getting up: *I don't feel like waking up today! I just feel like sleeping more, just a bit...!*

You will wake up at 8AM!

THE WILL

The **Will** is the seat of decision-making in life. Once the other components of the Logic, Memory, Imagination and Emotion

have deliberated on an issue, it's brought to the Will for the final say.

The Logic may tell your Imagination and Emotions that Memorizing is good but if the Will refuses to vote for the appropriate action, you will not sit down to memorize.

Often, if it feels good, the Will *will* flow with the emotional high of the moment. The emotions and the will are very closely related. That is why people should learn NOT to despise their emotions. At the end of the day, even if you despise emotions, they are the compass of your success.

The Will largely depends on emotions to make decisions. It votes selfishness mostly. People seek self-preservation. The Will makes sure that you decide only always what favors you!

The will is the most delicate of all the quotas of intelligence because it depends on the rest for the final decision. Yet the

decisions it makes make up or break the person. The Will is the place of choices, good, bad and average!

To make right choices is based on a value system, moral system, rules, regulations, laws, policies, norms or traditions. Whenever you make choices against agreed norms, regulations or law, something feels bad or out of order within you. That feeling or those feelings are emotions...

To make right choices we must feel. We must be at home with our emotions. If we never get hurt by killing others, then we can as well decide to bomb the world tomorrow! But since we have a conscience, it will hurt! Guilt will set in automatically.

So you see that emotions and the Will are closely linked. They are not the same though. That is why some people are past feelings and have become evil geniuses. People like Adolf Hitler, Sadaam Hussein

etc would kill with amazing impunity; without remorse or mercy.

It implies the Will can perfectly work without emotional gears or stoppers for some people. But they make very poor decisions. Such people are considered failures and they are banished from human society. They are not human. To be human is to be emotionally intelligent.

The jury, the magistrate, the lawyer and the judge must all struggle with logic and emotions as they seek to correct, punish or serve justice. It's usually a terrifying ordeal. It is so because facts and lies are misrepresented and truth disappears in a haze of irrelevant arguments.

For the Will to make a decision at such a time as this, it cannot rely on logic, reason, imagination or memory. The answer is usually hidden in the emotions of the morally upright person. Deep down they know the truth though there is no evidence available.

The classic judgment of Solomon is a case in point: Two women, one child. Each woman said the child was hers. Of course one woman was lying. But how do you tell a liar without evidence? Solomon appealed to the emotions of their maternal instincts.

Solomon asked for a sword to divide the child into two halves; and give each woman one half to settle the case. The real mother was moved by compassion for her child and she screamed! "Give the child to her! Give the child to her!"

She was willing to let go the child rather than watch it die in a useless pursuit for justice. Our courts should not be about justice. There are higher virtues than justice. They are in all those of us who value them.

THE MEMORY

The Memory retains the files of your life. It's the information city of your person. There is nothing new in your memory.

Only old files exist here. Whatever is not in the memory cannot help you in the time of need, like in an exam, interview or interrogation.

If you have no system of filing information in your brain, during an exam which tests this type of intelligence, you will fail flat. Of course this is unfair to many students. To be safe however, knowing many schools systems are limited to *retentive intelligence* testing, you need to train your memory to eat and vomit facts.

You have a good memory if you can remember information stored in your brain files. To remember is to recall information already stored in the mind. It is to keep at heart whatever has been learnt. It is to retain facts or knowledge. To memorize is to commit to memory, to learn by heart, without the aid of books or notes.

HOW TO TRAIN YOUR MEMORY

1. **READ MORE THAN ONCE:** Learn to read material more than once, more than twice, more than thrice. Read and re-read even if it means 20 times. Who said you can't read something twenty times? Most students read new material once and wonder why they never seem to remember later. It's one thing to understand, but another thing to remember what you understood. To understand a new fact, truth or idea is not enough.

Take for instance the sermons you hear in the Sunday service. You understand everything the preacher says at that time but you can't recall the sermon after one month down the line. Often we assume that what we understand we will obviously remember. It is not true. Every truth we hear comes to us in seed form. To become fruit or a harvest, we need to cultivate it through extensive mental work.

I realized that my mind gets bored to read or go through same material repeatedly. So I had to learn to **appreciate the fact of boredom**. Going through the same material again and again, whether it's a movie or a book, is to naturally invite boredom. We like to be on the edge of suspense and thrill. We like to be entertained by the **new**!

We were taught never to be bored, but real life is littered with chapters on boredom. The best way to appreciate boredom is not to run to entertainment. God gave us boredom to cultivate our memories! If you take all the opportunities you are bored to rehearse things you know, you'll come to appreciate the wisdom of God. Go through same material again and again. In other words, take advantage of boredom to perfect understanding through memorization. It works!

2. CREATE MEMORY TIME: Give your mind time for memorizing. If you

have to read material more than once, then it's obvious you will have to create special time called memorizing time on your time table. This is wisdom often neglected. If you badly want something, you will create time for it. The more you use your memory, the more it expands to retain more.

3. **UNDERSTAND FIRST:** Do not confuse memory time with study time. Memorizing is a revision skill. You revise what you have understood. Study first, memorize later. Understand first, commit to memory later.

A to Z OF MEMORY SKILLS

1. **AIM:** Why are you memorizing? Is it because you are going to give a talk? Will you be going to preach? Students mostly memorize to be able to reproduce facts because it's the cornerstone of academic success.

Do not memorize for the sake of memorizing. Your brain has other uses rather than storage of facts. Bill Gates says his mind is not for storing history. The chip can do that for him. He does what the chip cannot do, he reasons and imagines.

Your mind is not for just storing facts. It has many uses. One of them is reasoning. You need to reason out why and what need to be stored before you store. You don't store everything you come across. You must be biased. Your aim will give you the bias.

Learn to discriminate. This is the age of information. We have more information than we need in a lifetime. The secret is to discriminate by the reason of focus.

Ultimately, you must know why you need certain information to be stored in your mind.

2. **ASSOCIATE:** Learn to link old knowledge with the new. Nothing is new under the sun. File new information under old files for easy retrieval. When you come across something you think is new, form more memory links to examine it under new perspectives.
3. **ASPIRE:** Seek to be good in memorizing. What you love gets attracted to you. Those who love the Bible memorize scriptures. Those who love the Koran soak themselves in its literature. Desire to be the best.
4. **ASK:** Inquire from your teachers where to concentrate your memorizing energies. Don't just embark on memorizing entire textbooks. It will wear you out. Retain only what is relevant. The wise don't memorize mere facts. The wise student uses his/her brain to think.

- 5. BELIEVE:** Believe you can do it. Memorizing is not as hard as some students think. The more you practice, the easier it gets. The more you neglect it, the harder it seems. Sessions and seasons of memorizing make the brain more alert. Speak to your brain and tell it that it can be done! Do not accuse yourself of a poor memory. You can be seventy years old and still have a perfect memory. Praise yourself for recalling, and don't punish yourself for forgetting.
- 6. BREATH:** Deep breathing helps to take oxygen to the brain. When you get into a stuffy room, you begin dozing. If you study in a small room with 45 students fighting over the same oxygen, then now you know why you keep on dozing during preps. Our lungs are not the same. If your lungs are small, you will always find yourself dozing in the class. Your lungs have no ability to

successfully compete for oxygen to the brain. Change the study room.

7. CONCENTRATE: Avoid every form of distraction. Get alone or get quiet. Work with silent people or go into the field somewhere alone. Speak aloud or softly but don't let your mind to wander. If you can't concentrate, you can't memorize. It's the first rule of handling the mind. Focus is the secret to your mental powers.

8. DECIDE: Determine areas of interest or concern, that's the only way you will be able to concentrate and focus. Be decisive on what you want. Choose what you know is important and discard the rest.

9. DIET: It's not easy to eat what you want in secondary schools but those who can afford should eat fish and soybeans. Beans are readily available in many schools. Body building foods are generally

good for the brain. They are recommended by nutritionists. Fish is ranked as number one!

10. DRUGS: There are herbal drugs called Mind Enhancement Complex which boost your recall powers and clear thinking. For such, you can consider consulting GNLD international. Of course, the average student never takes drugs to enhance their memory.

11. EFFORT: The greater the effort, the greater the results in terms of lasting memory. If you spend two hours on a subject, the results will differ from one who spent ten hours on the same. Slowing down is the most aggressive thing you can do in memorization. Stop the speed and calm down. Silence your brain.

12. EXTEND: Bring your mental figures outside by surrounding yourself with things or tools which

remind you of the things you want to remember. For instance you can get small manila cards with small labels which summarize the facts you want to remember. These cards will be your memory tools. This is called extension of your memory. Those tools are memory triggers.

- 13. FOCUS:** When your attention is not divided, you are focused. Be at the center of your homework. Do not do this homework half-heartedly. Put your best foot forward and do it as if your life depends on it. When you choose a subject, stay with it and don't let go until you are done.

All the energy of a human being flows towards the subject of his/her focus. Until you learn to be undivided, you will never excel in life. Only the understanding of focus brings rewards to the diligent. Your five intelligent quotas are always fighting for control. You must learn to bring them together in united focus.

- 14. FAST:** Those who fast from food get the energy to focus on what they want to focus on. Fasting clears your thinking. When the stomach is empty, the mind becomes fully alert. When a person denies self food, it means he/she can deny self anything. He is not under the mercy of food. Whoever is not at the mercy of hunger pangs is a champion over the nature of men. Food is a big distraction. People eat 3 to 5 times a day! Thus if we can avoid food, then we can truly focus on something else intensely.

It's one thing to fast and another thing altogether to go without food because it's not available. To fast, unlike missing food, is to **choose!** The mind is actively involved in your decision. It has alerted the rest of your intelligent quotas to support the choice. So every system in the body somewhat cooperates.

But when you go without food because it's not available, you cannot focus. The mind will dwell on food, food, food. You cannot actively or undividedly give yourself to memory work on an empty stomach unless you are fasting.

- 15. GROUP:** Most of the books we read are divided into chapters which handle particular subjects. To group is to assemble and set your facts and files in easy retrievable collections. To group is to classify, categorize or divide information into specific memory files. You may find it fun to classify information the way you understand it. It is also crucial to write down all topics of, say for instance, biology topics from first year to the last year. If you know you can't remember anything under a certain topic, that's a reason and subject of revision.

16. HUMOR: How can you use humor to aid your memory? Every joke that is told in class comes out of a certain context. Since we tend to remember jokes even after the context is forgotten, make it your habit to associate the joke with what you were learning. This way, you will not forget the subject too. In other words, for every joke you know, make a file for it with a subject attached.

17. INTERNALIZE: Avoid interacting with books as if it's a necessary evil. No one is punishing you when it comes to amassing knowledge. The only way you can internalize a subject is by chewing on it again and again. If you make it your own, it will own up to you. Let what you read never just remain in the books. Do not merely read for exams. Read to make knowledge part of who you are. Let there be no division between you and what you read.

18. INVOLVE OTHERS: Tell and share with someone with whom you can share a subject in the future. You can do this by writing, teaching or plain conversation. Learn to develop academic conversations. Students of law and theology are very good in such conversations. Though such disciplines are done in the university, even primary kids can adopt academic conversations. In fact, it's through such I came to know many capital centers of the world countries. Learn to share this way and your memory will often be jogged.

19. IMAGERY: Close your eyes and come up with mental images to stand in for every Topic you have. Create graphic icons in your mind and observe it will be quite easy to recall. Have standard visual representation of your original ideas instead of writing.

20. JIGGLE: It is not advisable to be closed minded on any subject on earth. Remember there's always a new thing to learn every day. Even so, you don't have to keep remembering in terms of exact words of peoples' creed. Even a definition can vary from one dictionary to another; so are subject topics. Strange but true. Take the truth you know to and fro, backwards and forwards and try to view it in different ways. Explain one thing using different words and try to think of different examples of the same. This says you really know what you are talking about.

21. KEY-WORDS: Endeavor to get the keywords in every definition, subject or topic and you are on your way to recall everything else associated with your point of key. Keys are used to unlock what's

closed. They usher you into great doors. If you have the key to a subject, then you have access to the same. Keys to any subsets act as formulas. In mathematics and sciences, formulas are the norm. Even if you forgot all the examples you were given in class but you still remember the formula only, you are as good as the teacher in the process.

- 22. KEEP FIT:** Your body parts are all related and this should be kept in mind at all times. The body parts work as a team. When his stomach is aching, a student will miss an exam even if he/she knows all the answers. Regular body exercises will make our brain work at optimal performance largely due to enough oxygen circulation. When you run for instance, the heart works faster because energy and oxygen are needed by the body. Jogging, dancing, walking, swimming or aerobics will do the

trick. There are billions of nerve connections in the brain which are interwoven to file information. As a matter of fact, these are the memory. If there's no enough oxygen in the brain, some of these files cannot be retrieved.

23. **KNOW:** You need to tell whether your memory is visual, audio or graphic. Some students remember more when they read. Others it's when they hear or listen to the teacher. Others recall only if they wrote it down and interacted with it! You will be wasting your time listening to recorded tapes in a vain attempt to memorize if your memory type is graphic or visual.

24. **LEARN:** Gain knowledge of the memory as a subject. Study your own memory to know what type it is. This is very crucial, as illustrated by my story above. By noting down the things you remember most in academic terms

and why you remember them, it will aid you to conclude on your memory type.

25. LIST: Make a habit of listing everything you have learnt daily or weekly. For instance I came to learn all the states of America by daily listing them down in alphabetical order. It was kind of a memory game to me. You can do the same for all countries, capital cities etc. a list is meant to prompt you. So you don't have to be detailed at all. One word is enough per entry.

26. MNEMONICS: Until you have learnt to summarize facts in your own way, you are a long way from understanding your memory. Devise and come up with your own way of remembering things. For whatever you choose to concentrate on, originate your own lists, acronyms, poems, labels, abbreviations, games, icons, pictures or illustrations. Example:

the colors of the rainbow are seven. My system of remembering them is a crazy acronym-ROYGBIV. R for red, O for orange, Y for yellow, G for green, B for blue, I for indigo and V for violet. You can do the same for countries, rivers, planets, topics, classification branches, animals etc. Mnemonics ain't standard and you are free to explore what works for you.

- 27. MOTIVATE:** Tell yourself daily that your memory is your best friend during the exams. Guard your spirits and enthusiasm with the promise of passing your exams and succeeding in life because you took advantage of all available time to memorize. Memorize today. Tell yourself you are doing it. You are making it. Your memory is supper!

Motivation is the cure drug for discouraged and a downcast mind. It is the number one vitamin to the attitudes of men and women. If your attitude is

healthy, you are a motivated human being.

Nothing is as powerful in life as a motivated mind. A motivated mind creates a motivated person. The motivated person in turn is the one that finishes his tasks. He accomplishes whatever he sets his heart to do.

His heart is in what he has purposed to do. He is happy about it. He is determined to see something happen. He sets his mind to the finishing line. He does not bother about those who try to discourage him or her. He just goes for the kill no matter the obstacles.

- 28. NOTE:** Every new discovery you come across needs to be documented. The new things or revelations you come by maybe just what you need to capture the heart of your topic or subject. The joy of learning is to perceive beyond the textbook. All books are

written by humans. You have the ability and the freedom to see what the writer never saw. Note it down.

I have discovered that re-telling the truth is easier than copying the same as it were in the textbooks. Once you can be able to decode whatever you learn, then you are better placed to write it in your own words.

Try to phrase every new truth in your own words. To do this you must first learn to re-write new things in an old language. Nothing is so entirely new that you cannot re-write it. As you read therefore, have a notebook.

- 29. ORDER:** The more organized you are, the more you will aid your memory to recall. Usually, sets of related ideas are categorized. Be orderly in your work. Avoid being haphazard or disheveled. One topic at a time and a subject at a time are recommended. On the

other hand; do not be reckless in your memorization. Be sober and do not over-do it. You can go nuts! Too much of everything (yea, even wonderful things like Honey) is poisonous.

For instance do not try to memorize geography and physics on the same day or prep-time. Just have a day to CONCENTRATE on one subject per day; and then one topic per hour.

You can choose the subject alright but fail to plan for the topics per hour. Some hard topics may need more time than others. Choose to always build on what you did lastly instead of always beginning afresh a topic which has no connection with what you did.

If you read topic one then jump to topic ten, let it be that topic ten is related to topic one. Otherwise you will get disoriented.

Before you move to a new topic, be sure you can summarize what you have gone through in such a way that you can teach somebody else. Get a friend who can listen to you. This is an excellent idea.

- 30. PLAN:** Map and sketch out your timetable against distractions. If you don't plan ahead, you will have reasons not to sit down to memorize. Prepare the place you memorize. Put away magazines, storybooks, phones, games or anything else that would be a distraction.

All distractions have a name. Some people are distracted by noise. Others it is light. Others it is games, songs, TV, a soap opera, a certain idea, home sickness, a new opposite sex friend, some exciting adventure to come etc.

To plan against distraction requires a firm decision against thinking about or being near whatever that distracts you. It means

that the physical location matters in memorization. You cannot memorize facts near a big juke-box music system which is blaring out its decibels.

You need to look for a quiet place. Maybe your prep class is quiet but some few students make noise. If you are the type that is distracted by the noise of others, then such a class may not be ideal for you.

On the other hand, distractions have nothing to do with location. You can be in a solitary island alone but the noise within your mind is so much. That's where the battle for your mind begins. You must learn to get your will to agree with your emotions.

If memorizing has never made you feel good, you may not want anything to do with it. We concentrate normally on the things which make us feel good. In fact, the things which distract us most are pointers to what makes us feel good.

If you are thinking about dancing in a disco club often, it implies that it makes you feel good. But what specifically about the disco club excites you? Is it the lights? Is it the people, the action, the opposite sex, the music, the DJ, the interactions with many people, the drinks or the food? If you think through, you will come up with what really distracts you.

Once you have known what distracts you, you can now plan against it. How do you do that?

When you are distracted from within, you need to counter your thoughts with something from without. Make your words audible to your ears or look at the book on the table. If you are to say, shout or sing, that's ok. Your thoughts will move to the lyrics on your voice currently.

- 31. QUALITY:** What goes into something is often reflected by the outcome. The quality of your memorization depends on

attention and focus. Noting down and developing systems of recalling also matter. How much do you remember after your session with your memory? It's the best indicator question.

32. QUESTIONS & ANSWERS:

Be bold enough to examine yourself. Come up with several exam-types of questions. Answer them and then give yourself marks and provide answers without consulting your teacher or colleagues. This is testing your memory and aiding it.

33. QUIET: Noise to the memory space in the brain is always counter-productive. Strive to be quiet. Stick with an environment that is friendly to silence. Schools built near roads are not good for memory of the audio students. Some students may not be affected

but for others it will be a total disaster.

- 34. REVISE:** Before any information can be stored in your memory forever, it needs to be burnt into the same in visual, audio or graphic formats.

The world has begun making audio books. Some students can benefit from such books in terms of revision rather than read material from books. Their minds grasp things better when the same is spoken.

You must be willing to go back to information again and again until you are convinced that it is fully settled in your subconscious as undeniable facts. Read and re-read facts. It's your guarantee against forgetting.

- 35. RELAX:** the mind of a human being works best when it's not being bothered by unresolved stress, missions, fears or worry. It is

vital to learn to relax. How do you relax? It is simple as breathing.

There are few exercises you can do to relax. You can jog then sit down and take slow breathes. Learn to breathe deep for the sake of taking enough oxygen to the brain. You can choose also to dance then cool off. You can also choose to sit in the field just watching the birds and the butterflies. Nature has a way of healing stress.

If something is troubling you and you feel you cannot handle it on your own, you can pray about it and tell God to help you solve your problem amicably.

You can also choose to share the same with a trusted friend. They say a problem shared is a problem solved. You can relax and release stress by singing. Sing your way to abundant life.

36. RECORD: If your school allows it, do record your work on tape, phone or CD to aid your

memory. Listening is far easier than reading when you are tired. During tired days, you don't have to read. Some days are just for listening. Such days you need your phone and not books.

A big tape recorder was fashionable days gone by. But now you can find many small recording devices in the market. Talk to your teachers about having one in school.

Tradition can be bad in this matter. If it has never been tried in your school, that does not imply it cannot work or it is a bad idea for students to sit and listen to recorded revision notes.

Back in primary school days, we used to listen to many recorded programs but they were not meant for revision purposes. Record only what you need for revision.

37. REHEARSE: Experience shows that humans lose up to 80%

of all the new information we get within the first 24 hours! Without rehearsing or going back to such info, up to 95% will be lost within the month.

To remember, you need at least 5 minutes every day to refresh your memory with the same information.

When people say things that we never forget, it's not that that they have said anything new. It's simply because they have said something we knew all along but in a very dynamic manner. They have wrapped your own experience in words full of imagery, appeal or emotion. Proverbs are classic examples.

Reading is not enough in terms of rehearsing. You need to speak out the summary of any new truth. It becomes yours when it's put in your own words. Until you make it your own with the signature of your words, it remains elusive.

You participate in a truth when you interact with it. That's why songs are more memorable than speeches. We are not used to repeat speeches. We just applaud or listen. But when it comes to a good song, we play it, re-play and then sing it ourselves. We buy a copy, then we listen, we learn it, then we sing it, and it becomes ours.

38. SING: Sing the truth and you will never forget it. Make your own simple songs by joining points you wish to remember. We sang such songs in nursery school and Sunday school. My first experience with memory songs was in Sunday school where we were needed to remember the 66 books of the bible. It was not an easy task. But when the teacher taught us a song connecting all the 66 books, the challenge just became a song.

39. STUDY: Study is the general word used for the activities students engage in; learning,

revision, reading, cramming, schoolwork etc. To study is to exercise your brain. The more time you give to study the more you retain what you encounter.

What are good study habits? They are founded on consistence in the right direction. If you can manage to do something for 21 to 30 days without fail, you have become consistent in that thing. It becomes a habit. Smokers do it daily until they become addicts.

You can be addicted to books but you must derive joy from your addiction. To enjoy reading, you must have a plan and a goal. What you hope to gain by revision, cramming, schoolwork must be very real to you.

If you believe education and much study does not pay, you won't be inspired to employ your hours on that which doesn't pay. But once you have laid a foundation of strong goals of attaining the top score

you aim, now you are ready to be addicted to success.

Success is planned for. It's a daily process to some form of prosperity. Even in the bible, Joshua was told to report on duty day and night reading and meditating for success. (Joshua 1:8). Success does not just happen. It's a daily chore that must take your determination to process through.

40. STORIES: Most stories are merely a sequence of events. Sequence is everything in story-telling techniques. So what happened after that? A good story connects ideas. You must learn to connect ideas if you will have an excellent memory.

Try to have your own bank of stories. Stories will stimulate your memory. Actually, the stories reflect the strength of your memory. If you can tell stories, it means you have a good memory.

It is possible to recall all the stories you love. Given, stories are easier to recall than features. So if it comes to geography and history, it is obvious that you may end up remembering more great historical figures than the physical features of a river or weathering.

How do you make a story to aid your memory?

There is an excellent idea in my mother tongue which I was taught about the 9 planets in the solar system. It goes like a well-knit short story and it makes perfect sense.

Let me try to illustrate it here: ***Mukuuru Venus Etiite Muudene Jwa Shukuru Ugoro Noojere Penchu***. Translated, the statement means: **An old man by the name of Venus found a pencil while visiting the school garden one evening**. Back to the specific words: MUKUURU(old man) VENUS (Venus) ETIITE (while going to) MUUDENE JWA SHUKURU(the school garden) UGORO

(evening) NOOJERE (found, collected)
PENCHU (Pencil)

So how does our short story aid a small boy in school to remember the planets? By now you might have guessed! Look at the words again and recall the initials of the planets. Lets try:

MUUKURU- M for Mercury

VENUS- V for Venus

ETIITE- E for earth

MUUNDENE- M for Mars

JWA- J for Jupiter

SHUKURU – S for Saturn

UGOORO- U for Uranus

NOOJERE- N for Neptune

PENCHU- P for PLUTO

Get your facts together then make a story using any angle of your memory triggers. In the case above, the memory triggers are two. One is the story in its entirety. Then the initials of the planets in question.

Many things interplay in aiding the memory. The more versatile you are, the better. I personally think the person who came up with the above short story was just trying out something. He ended up influencing generations. Now you know you don't have to know English to learn some things. That's how the Japanese and the Chinese end up being more literate than the average American or Briton. Provided the instruction basics are correct, even mother-tongue can teach sciences!

Jesus was a master story teller. He fleshed his many ideas with stories full of action and drama. If people forgot the idea, at least they would remember the story which would later bring them back to the idea.

- 41. TIME:** You must come to a place where you respect time than everything else. Time is more precious than money for those who must win the race of life. Those who have learnt to spend and invest

their time wisely will always rule over those who waste it.

Give time to memory work and exercises and you won't regret in the exam room. You will not have to sweat trying to remember anything. There is an easier way to remember things. But even the easier route requires time.

Whatever you don't give time is not important to you. If your memory is vital to you, then you will give it as much time as is required to improve it.

If you want to understand the value system of a man, just check how he uses his time. How you use your time tells us about your value system. Whatever takes most of your time is what carries the crown of your life.

Your time is your strength. If you want your memory to be strong, then give it time. Practice more. Rehearse more.

- 42. SLEEP:** Without good sleep your brain cells don't allow memory to be at its best. Your memory cells in the brain grow and rejuvenate during sleeping hours or naps. Students are not encouraged to spend nights cramming before the day of exam. Before the day of exam, it would be appropriate to have a good night rest of sweet sleep. You are fresher that way.

Remembering details requires energy in the brain. A tired brain is dangerous to your exams results. Endeavour to always have enough sleep. The body is designed to relax and rest.

- 43. UNDERSTAND:** Once you come across anything new, look at it from all angles. Examine it thoroughly so that you can easily remember it. People don't understand letters. They understand images. The words of any book you read should conjure

up images in your head otherwise you are wasting your time.

One reason why Jesus made very deep impressions on his listeners and readers beyond his time, is because he spoke of himself in strong imagery. He said:

...I am the door...

...I am the Vine...

...I am the gate...

...I am the shepherd...

...I am the bread of life ...

...I am the way...

He painted images in the minds of the people. He did not want to be abstract. It was very hard to forget Jesus. He gave them handles to hang their ideas. He spoke of abstract Heaven using earthly things and local examples. He told of an abstract kingdom using daily common identifiable things or action.

44. USE OR LOSE: Studies have shown that memory improves with use. Whatever you don't use tends to atrophy and die. Muscles in the human body increase in size

and power when they are engaged in rigor. Those muscles which we don't use become useless when emergency hits us.

The military personnel know this too well and so there is daily routine to keep fit else the entire army risks losing alertness and sharpness.

A good sharp memory must be the work of rigorous training. I realized that when I began memorizing routines, I remembered more. My brain became more alert. When I slowed down and neglected my memory, I would begin forgetting simple things like names of persons with whom we had just met a few minutes before.

45. UNDERLINE: To underline is to single out points from a forest of ideas either in a book or a speech. If a textbook belongs to you, you can literally underline a point you wish to stand out later. You can

highlight the same with a highlighter.

This is usually simpler than transferring or noting down every other point you come across in another book. It is usually double work. Writing what is already written may not be wise if you are competing against time.

46. VISUALIZE: People don't remember letters and numerals. They remember images and verbs of action. If you can paint pictures of reality in your mind when you are reading anything, then you are on your way to recalling everything you read or hear.

It is the pictures you see and hear that you should note or draw in your note book. We were taught to write notes but nobody taught us to draw them. This would have saved us countless hours of scribbling things we don't remember.

As noted earlier, the master teacher Jesus, understood this principle of imagery and so spoke of himself and His pet subject, The Kingdom of God, in terms of pictures. He said, I am the door, I am the vine, I am the gate, I am the good shepherd etc. These were easy to remember. These images provoked discussion, questions and answers simultaneously.

47. VERBALIZE: Put into words what you know. Express it and articulate for your ears at first. When you hear it expressed, your mind picks associations within the existing files and matches what it's hearing now and what's already stored.

Self-muttering of facts is memorizing and retrieving at the same time. When you speak it, you teach yourself. You become both the student and the teacher. It's fun. Enjoy it!

We said the best way to assure yourself that you really know it, is to say it in your own words. It's some form of private "public speaking" or a dress rehearsal before addressing a multitude.

This boosts your confidence in delivery and self-awareness. You are sure of what you know. It's now your own knowledge.

48. WRITE: Try to number and chronicle your memory items. What was the first item? Can you recall what you memorized yesterday? If you can't, then it means you are not recording. Keep with the pace of your memory work.

Some things will disappear immediately if you don't record or write them down. The best examples are when we meet people and they tell us their phone numbers or contact address; physical location of their office and the floor and

the door number. If we don't immediately note these facts down, we may as well not have been told.

This book does not say that your memory works in a vacuum. Your memory works best when aided. In fact, this book tells you that your memory will fail you unless you aid it to recall. How do you aid your memory? What strengthens your memory?

You aid your memory by writing new information. Your memory owns that information only when you focus and concentrate on it. If you don't focus or zero in on any particular new information, your memory ignores it.

49. EXCEL: Create records and break them. To excel is to go beyond the average person. The average student does not study about his memory and how it works. But now because you know how to support your memory by song,

activity and focus, you are far well placed to excel.

To excel is to outshine, outrival, outclass or simply to do extremely well. How do you make sure you do extremely well in memory work? You decide to work at it extra. Give it a little more time than the average student. Adopt and choose one of the methods listed above for your memory homework.

Be consistent day in and day out. Don't just cram. Make sure you understand. When you merely cram, you forget after the pressure of exams wears off. But when you understand, your memory becomes a bank of true information retrievable for future use.

50. YELL: You might have seen strikers in the football field explode into a celebration yell of "GOOOOAL!" The whole stadium breaks into shouts of joy, catcalls, screams, bawls, roars, howls and shrieks of celebration.

Why do they do that? It's superbly therapeutic. When you score, you simply celebrate. You need to learn to celebrate life even on your own. When you get your own quiet victories, learn to shout and celebrate.

If you don't celebrate life, the opposite is likely. You can as well get sick and let's come to comfort you in a hospital bed. Of course you don't want that to happen to you. So celebrate with shouts.

It clears your mind of any tensions and stress that interfere with your memory. Your memory works best when it's not under pressure.

Even in an exam, when the examiner says "Two minutes to go!" and you are quite far from finishing, you will become disoriented and you won't be able to concentrate. Those two minutes will be wasted in confusion. It would have been better if he had said nothing.

51. ZEAL: If you have the passion to fulfill your academic, life and leadership skills, then you need a good memory to back up your goals.

To develop a memory that will not fail you when you really need it, you need enthusiasm to concentrate and focus on developing your memory. You need to be excited about having a good memory. You need to even have a memory skills club which focuses on revision.

Have competitions on memory scripts like they do in drama and music festival. There is a lot to borrow from what happens in these events. What if the solo, choral verses and the narratives focused on topics in History, Biology and Geography? We would never forget those pieces. They would be more entertaining than the normal classroom experience of a lesson indoors.

What do you need to focus on? You will do well to focus on your strengths only.

While you have been reading this memory skills section, you might have noted that not everything can work for you. Choose just what you feel works for you and discard the rest.

Sometimes, from an entire book, you can only find help from a single statement. Go for that one. Don't bother with the rest of the chapters which may never help you.

Learn to choose the best thing for you. There are many good things you will have to for-go before you excel in your very best.

If your attention is divided along many things, you won't be able to concentrate. And as such, you won't be able to excel. Zeal cannot be divided along many interests. It's usually laser focused on the object of its love.

18. AN ASSET CALLED FRIEND

'Friends in school are an indivisible part of us. But the kind of friends we get matters. You can get a friend who completely ruins your life. The seeds of evil and good are planted in our hearts daily by those closest to us. Bad company ruins good morals. Good company exalts the spirits'.

Back in primary school, I had a friend who taught me generosity. There was no so much of lunch for me at our home. I came from a relatively poor family and sometimes lunch meant a cup of yellow sugarless porridge!

When this particular friend of mine realized this, he started inviting me for sumptuous lunches at their wealthy home. His dad was a doctor. They were doing well with several clinics strewn in town. Because of him, I could concentrate in the afternoons better than on an half-empty stomach.

Back in secondary school, I got a friend from Nairobi who taught me the glory of pronunciation and articulation. If I did not say an English word correctly in his presence, he would literary run away laughing and making fun of me! It would reduce me into an absurdity! It was a mad gag, downright comical and nuts!

Oh yes, it was fun '*shrubbing*' with Chris! To **shrub** was to either miss the pronunciation or articulation. For instance to say **sash** instead of **church!** **Lowly** instead of **lorry!** **Apominison** instead of **abomination!**

He made me become conscious of every word that came out of my mouth! I had to retrain my tongue, learn to roll it in, out and sideways just to say something right! I ended becoming so good in spoken English because he was a roommate. Thank God for such cube-mates! They change your life forever.

Back in campus I got two great friends. One taught me to be kinder to women than I was. Before I met him, it didn't matter how I escorted the girls to their destinations. He practically taught me make sure that girls got home, and I even opened the gate/door for them. Before this, I would leave them half way between my place and their estate homes or quarters in campus! I didn't care. He taught me to care.

The other friend taught me to make notes. I have discussed this under study habits (*the art of writing*) because his influence made me a winner in the CATs and the final exams.

After school, you may remember only one friend or two. There is a reason why other friends fade from the memory. Amazingly however, the deposit of even those who fade remains in our lives forever. The amount of influence from friends we have had in school is great and lives with us until we die.

I want to say friends in school are an indivisible part of us. But the kind of friends we get matters. You can get a friend who completely ruins your life. The seeds of evil and good are planted in our hearts daily by those closest to us. Bad company ruins good morals. Good company exalts the spirits.

You stay with friends more than you will stay with siblings or parents. Even a good teacher may not influence you as greatly as a friend will influence you in school. There's so much give and take between friends that you cannot be left unchanged by the intercourse.

Friends come into our lives for a season. Others come with a reason. Others come for a lesson. There are others who come for all of these. After all, these are not mutually exclusive. These components overlap.

Whether you will take advantage of friendship to better yourself or not, that largely depends on our purpose in life. If

you have no goals, any friend can do. Like minds attract each other. Idlers will attract lazy bones. Industrious students will attract diligent ones.

FRIENDSHIP TIPS IN AN ACADEMIC SETTING:

1. Avoid those who know the things you know so well. Your driving motive should be to learn what you don't know. Get a friend who is an expert in the area of your ignorance.
2. Do not get swallowed in a company to avoid being lonely. Be motivated by a goal other than being just being part of a group.
3. It's better to survive alone than join a rowdy group whose habits and mannerisms contradict your own.
4. You don't need a friend who is always out to see your mistakes. Friends stand with us even when we have blown things up.

5. Get someone who is willing to go an extra mile to absorb your weaknesses.
6. Do not get a Yes man or a Yes girl. Your pal does not have to agree with everything you do or do not do. Such differences are to be welcome else we will have replicas of each other.
7. If you have a friend who cannot invest in you financially or bail you out when you are broke, think twice!
8. If you have a friend who can disappear for two weeks and never tell you where they were, think twice.
9. When a friend gets interested in knowing your home, then they are really close. Until you have visited their home, they were never worth remembering!
10. If he doesn't regard your opinion as important; and he/she is always talking, think twice.

11. If he is not friendly to books and loves to play and jest than study, think twice.
12. If your friend is not friendly to others and he/she is negative about your other relationships, think twice.

19. AN ILLUSION CALLED IMPOSSIBLE

There was a vernacular poetry competition in the KICC, Plenary hall, hosted by the Kenya cultural music festival. I come from a place where they despise their mother tongue in public settings. They don't even sing to record in vernacular. They despise their heritage culturally speaking. Scores don't think their language is appealing in the least!

I was at the university in my first year. I decided to venture into vernacular poetry to prove a point. I found there were 22 entries from all over Kenya. It was intimidating to listen to some of the most beautiful languages and renditions from

Kenya. I was particularly worried about the *Kamba, Giriama, Luhya and the Luo*. Their renditions sounded perfect and sweet to the ear. They got hefty clapping from the audience.

It was my turn. By the time I was in middle, they were clapping though I wonder they understood a thing I said. As I glided through the motions of my rendition, the audience begun saying a certain rhyme along with me because it was repetitive at a regular interval. Laughter followed along. The ovation was thunderous.

Later the adjudicators said I was the only one who understood what I was doing on stage! Of course I won! I beat even the ones I was afraid of even though it was my first attempt!

Try what they say cannot be done. Gather momentum and keep going. They can jeer or cheer but don't stop to listen. Keep going and prove them wrong.

Don't depend on the experts of any field before you venture.

Sometimes the experience of the veterans is useless in so far as your heart and gifting are concerned. David does not need the advice of King Saul to slay the giant. All David needs is his own determination.

Your experience can be vital than the experience of the learned. Bring something new into the world. Show the world how it ought to have been done but was never done because you had not appeared on the scene. You hold the blueprint of success. Nobody else has it. You are the one who will do the impossible. You will do it because nothing is impossible.

Accept no limits on your potential. Don't let anyone's image or opinion of your ability define you. Act as the young man called David. This is a young man who killed a giant just like child's play. He behaved as though killing Goliath the

giant was a walk in the park. That is acting as if nothing is impossible.

The story teller says that David run across the battle line swinging his stone! Well, that looked ridiculous even to the giant. In fact he asked David, 'do you think I am a dog that you come against me with a stone?' David thought the giant was a dog!!!!

Young people don't need to be indoctrinated with the impossibilities of the older generation. Whatever the old guards think cannot be done is immaterial in the face of the zeal and determination of the young.

The experienced king Saul tried to convince David to wear his armor or else he would perish without it. But David could not even move about in it. Whatever the old think they are protecting themselves from by wearing some insulation is the same that keeps them from momentum. We are too protected to risk. To do the impossible

we need to risk and put our very lives on the line.

20. BEYOND ACADEMICS

The most important things are never taught in our schools! We are never taught about **money** and that's dangerous!

We are not taught about **purpose, partnerships & people skills** in our schools. Imagine the horror of over 300,000 students graduating yearly from both high school and colleges without knowing their real purpose in life!

When we learn commerce and economics in any school, that's not enough to teach us about money! When we are given a syllabus to pursue whether in high school or in college, that's not enough to train us about our purpose in life!

POVERTY AND DEFEAT

When graduates get jobs, they erroneously equate it to finding their purpose. When they start earning money from their jobs, they think they have started making money. Nothing could be further from the truth. All such people are just setting up themselves to perpetuate lifestyles that have been unable to free their families and nations from poverty and defeat. There's no need of education if it can't free us! Something must be very wrong!

Whereas basic education and academic skills are crucial to all and sundry, secondary and higher education do not need to be all academic in nature but rather practical, highly dynamic and oriented for the market place. In most universities, curriculum has not changed to fully incorporate the changes which have been happening out of the campus experience.

BEYOND ACADEMICS

We have people outside universities who are becoming institutions by themselves through practice of skills and talents of things which were never done in any school.

For instance, Bill Gates, the richest man on the planet (by the time of writing this book), had to drop out of college to pursue his Microsoft dream. Now you have to learn computer science to grasp what a non-graduate developed and packaged for worldwide consumption.

In such crucial areas such as money, sports, athletics, arts, culture and entertainment fields, our schools have done little to put up any syllabus, structure or standards.

The old academic systems all over the world are highly deficient and in their place we need intelligent changes. Beyond the academics, we need to be taught life skills not only in workshops or seminars but in comprehensive structured systems.

THE REASON

The reason for this growing inadequacy and need in our schools is that there are so many people graduating without purpose or direction in life. At most, there's a generation of graduates who are apathetic to the current systems of education world all over.

They are either employed or not but none is fulfilled. It's usually expressed by a strange restlessness among the employed. They are ever on the move. They are always looking for greener pastures. And none of their placement is ever green enough.

Among them, there's a pursuit for more papers and more classes and more seminars just to remain on the edge. They are chasing the market that they are not comfortable with. They are in competition with unknown people who may oust them from their current positions. They are forever learning

because the job market is ever threatened. It's not because they love education, it's because they want more papers as evidence of their qualification.

And that's the danger of pursuing jobs! People were never meant to learn in preparation for mere jobs! Jobs are limited and limiting. But work is everywhere, even in the desert! Work is in connection with purpose and fulfillment.

Among the non-employed, it's expressed by refusing to look for jobs or refusal to get into any even when opportunities are availed. They would rather stay at home. There is a growing trend of *mama boys* who decide they must be at their mother's house even at 40!

The trouble with our academic and intellectual kind of education is that it was wrongly introduced and wrongly executed to produce a highly dependent generation. It was a lost generation that graduated and always went to look for jobs. They were not looking for work, but

for jobs. There is a big difference. *(We'll tackle this subject fully in book 3 in this series).*

However, while some were looking for jobs, others knew they wanted none of that. They wanted to begin a business or pursue their talent. The trouble with that was that the school had not prepared them in their areas of true interest and purpose. Deep inside they knew they would never fit in the conventional forms of employment.

As such, they had to begin from scratch; searching their bearing in life again - even after graduating with a masters!

LOST PURPOSE

Fed from youth by this deficient system, people did not bother to discover their true or otherwise non-academic potential, gifting or talents. Instead of working out to discover their real purpose to help humanity solve problems of life, they sought places to

become slaves by being employees in positions which had nothing to do with their gifts and talents.

In such organizations or institutions where such people went looking for jobs, there was nothing to show for all their potential. They literally sat on their talents and gifts.

Yea, a lazy generation of a people who did not like working out their real purpose in life but who didn't mind fat cheques paid for sitting in oval offices. It brought about a mad age-group which clamored and even fought for sitting allowances! They worked for money.

SLAVES

Such people are slaves to their earnings. Beyond the employment, they have no vision for their families or the nation. Since they have no purpose, they are always looking for greener pastures. They are slaves to their jobs and slaves cannot free anyone!

That's why our older generation has never been able to free us from leadership qualms and chaos. Our leaders keep increasing their salaries without a corresponding desire to solve the problems of our country. This is madness of the highest order. It's the same reason why the economy remains in the woods. They cannot help heal the economy because they missed out on their own purpose.

Imagine a leadership of people who are out of step with their own purpose or gifting trying to lead others into their purpose. It will never happen! Any system they touch disintegrates.

Their "purpose" (*which is no purpose at all*) is to make a living out of the money they get. You touch their money and you mess them. Money is their axis. They don't understand the purpose of money and its usage. It explains why billions are siphoned from public coffers in the name of corruption. More terrifying is the fact

that such monies as is stolen is often stashed away abroad, doing nothing in the banks!!!!

We have educated graduates without purpose! The next big job is their dream. Provided they make an extra shilling, they will quit their current jobs without remorse. They do this because they have no purpose. Your purpose was never to make money. Money never gave anyone purpose either. You give purpose to money.

MONEY WAS NEVER PURPOSE

If you hear someone (especially women) tell you that their goal is to make a lot of money, just help them to see clearly how lost they are. ***Money is just a reward you get for solving the problems of people.***

You should never pursue or serve money. It's supposed to follow your purpose. Just identify the problems you want to solve on earth and you will have defined your

wealth basics. Money naturally follows purpose.

There are levels a nation will never reach until majority of its people discover their individual purpose for existence. There is a level of money that destroys its possessors because of lack of purpose and wisdom. Where there is no purpose, people live aimlessly. They actually perish! People with lots of money but who lack purpose end up promoting drugs, crime, illicit sexual lifestyles, and all manner of vices.

The greatest treasure in our country is the talent and gifting of its young people. The potential of a people is their greatest capital for trade. Gifts and talents are the best pointers to purpose. If people will do what they were created to do, most of their other problems will solve themselves. But unexploited potential is a burden, at most useless.

WAY FORWARD

Do we need special schools and talent academies to nurture our dreamers and the talented? Yes we do. More so, what we need is an overhaul of the entire education structure to incorporate whatever it is we think talents academies should handle. Of course, not all manner of talent can be handled in our current school systems even if governments decided to support the incorporation of the same.

Our concern is students who are differently and variously talented. They don't have to be removed from the rest of the academically oriented students. They complement each other. They can share all the facilities as it happens on the campus. In a university, students share facilities but do different things. Yet they do it harmoniously.

That's why I am talking to educators, teachers and students to incorporate their views into my research towards the way forward for our country.

Get the other books in this series to find out what is happening and what you can do as a student. You can also get to me via email: golddhahabu@gmail.com.

END OF BOOK ONE!

21. SSS BOOK 2 & 3 CHAPTERS

(THE FOLLOWING chapters 21-48 are continued in SSS book 2. Get it. It's a book you need to excel in life and polish your gifts & talents).

22. A BURDEN CALLED LEADERSHIP- The glory of attracting friends and following through successful relationships. A look at Campus politics and prefect bodies in our national high schools.
23. A GEM CALLED TIME- Time waits for no man! Show me how you spend your time and I'll show you your future.

24. A GAME CALLED BLAME-
Learning to take Responsibility
and control of your destiny,
*Mbiti story, Crack in the wall
Illustration.*
25. A TEST CALLED CHOICE-Stories
of people who chose or refused
to choose. Making choices in
crises. *Herod story, 300, the
movie of Sparta.*
26. A FLOWER CALLED HONESTY-
Learn to choose between image,
advantage or integrity.
27. A CROWN CALLED SUCCESS-
It's God's design for every
person born on earth to
succeed! You can choose to
succeed no matter the odds
against you. The story of the six
outcasts!
28. HONOR CALLED
TRAILBLAZING- Be the first to
do it, Give the world a reason to
smile!
29. A STUDENT CALLED DROP-
OUT- Refusing to quit beyond

the classroom. Bill gates and Jack's tales, Talent academies.

30. A CIRCUS CALLED PLAY- All work and no play makes jack a dull what?
31. A COAST CALLED REST- A 3rd of your life is spent sleeping! 10 things you don't know about sleep.
32. BLOOMING WHERE YOU ARE PLANTED- Learning to take root downwards so that you can bear fruit upwards.
33. A MONUMENT CALLED LEGACY- Living beyond your lifetime and courses. Men live in phases. Immortalizing every phase in school.
34. A PERFUME CALLED INFLUENCE- Understanding the 7 most influential departments on earth: Books, TV, Internet and...four others you don't know!
35. A VIRTUE CALLED SERVICE- The way to the palace is through the servant quarters.

36. A VICE CALLED GOSSIP- A world of restless evil. Mighty giants and dominion control.
37. A TOPIC CALLED SEX- The hottest furnace on earth!
38. A DOOR CALLED OPPORTUNITY- The glory of preparation.
39. AN INVESTMENT CALLED GIVING- Losing to win; the mystery of minus and multiplication economics.
40. THE WISDOM CALLED ASKING- The thrill of curiosity is the elixir of life. Never let anybody cover the well of your curiosity.
41. A BEAST CALLED CLASS – The horrors of Segregation and Rural-urban stress in schools and colleges. Developing comradeship.
42. A HEART OF GRATITUDE- The secret to multiplying everything you have currently is hidden in your ability to say THANK YOU! Learn to count your blessings, because it counts! Slay the

- monster of grumbling,
murmuring and complaining.
43. HYPE CALLED TRENDS - Are you a slave to fashion blues and fads? How big is your wardrobe?
44. THE HOTBED OF RELATIONSHIPS- Do you relate intentionally and intelligently? Learn how to improve your emotional intelligence. It's far vital than your IQ.
45. A PRISON CALLED BACKGROUND BLUES- You can beat the phantom of your past. How do you shake up the nightmares of your poor, violent, abusive, non-existent or torn family?
46. MULTI-TALENT CONFUSION- Why do many multi-talented young people end up badly in life instead of excelling?
47. THE GLORY OF DESPISING SHAME – Until you can learn to walk naked you have not overcome shame in all its manifestations.

48. A CHILD CALLED OPTIMISM –
The greatest challenge of motivation is to remain positive always.
49. A LAND CALLED GROWTH-
Growth is forever. Trees must grow or wither. In education stagnation is not welcome. There is no end to learning. Only hungry minds can grow. Only empty jars can contain more. When you don't need more, you are not needed either. It's your time to go. To be full of knowledge is to be ready to retire and die. You need to discard old ideas and accept new ones. Some things you learnt yesterday are old-school. They have no place now!

(THE FOLLOWING chapters 49 & 50 are continued in SSS book 3. You definitely need it too. You need it to perfect your financial self-image, learn the art of going beyond the budgeting to making

more money and, actualizing your full potential).

Book 3

50. A SERVANT CALLED MONEY-
what should you invest in as a student? The emerging entrepreneurs are young self-made millionaires.
51. THEATRE OF DREAMS-
Polishing, packaging, presenting and selling your gifts & talents.