



Study Today To Invest In Freedom Tomorrow

by Joe Gandolfo

Back to school for a month now, and the routine has settled in for most students. When the school year begins most every student heads to school with a genuine desire, and usually a sincere effort, to do better academically.

After a few weeks, unfortunately, the realities of schoolwork and homework begin to set in and disrupt the best intentions of many students. Just saying “*I will study more*” or “*I will study regularly*” is not enough. Students must have a **focused plan**, with **structure** to succeed. Most important, students need to have a clear understanding of the **PAYOFFS** they will receive for making the studying investment.

The 3% Rule

There is 168 hours in a week, and 5 hours of that is going to be committed to doing one’s homework. Just 5 hours of that 168 total – about 3% of one’s week. A commitment must be given by the student to study for **one focused hour a night**, Sunday through Thursday, taking Friday and Saturday nights off. Friday’s and Saturday’s are a student’s weekend, enjoy it!

Some students prefer to study at the same time each night, others shift it around based on daily schedules. Whatever the case may be, the most import aspect is that there is a 100% commitment to the **3% Rule**. This one hour must be focused and school work/reading must get done! It allows for two 3 minute breaks for a drink or going to the bathroom.

This strategy is not only about getting the work done on a regular basis, but more importantly it is about building a study habit which gets results! As with starting any new habit, give this strategy 3 weeks to become a new behavior and to begin to show results.

The Payoff

The 3% investment payoff – fewer complaints from teachers and parents, no alarming emails to parents from teachers, less arguing with parents - **less stress**. Greater confidence when going to class, better grades, more privileges at home, a sense of control over school, freedom to do the other things you want to do – **peace of mind**.

Remember YOU ARE IN CONTROL – so what choice are you going to make?

Listen to Joe's free daily podcast – ***Teen Success Radio*** – available on iTunes.

His new book ***The Greatest Teenage Myth in the World*** is now available @ www.JosephGandolfo.com or www.TheGreatestTeenageMythInTheWorld.com

Joe Gandolfo is on a mission to ***champion the greatest commodity in today's world – our youth, teenagers, young adults and college students***, and to rally, strengthen and energize the adults – parents, educators, mental health professionals and organizations - who work with and care about our greatest commodity in the world.

Joe works as a **professional speaker, success coach, seminar leader motivational counselor and author**. He brings 20 years experience working with youth, teen-agers, student-athletes, professional athletes, adults, parents, educators, public and private schools, organizations and associations.

His clients have included: *Georgia Tech Athletic Association, Rockdale County Schools, Cobb County Schools, Cobb Teen Leadership, YMCA, Childcare Resource Network, University of Clemson, University of West Georgia, PGA of America, Milwaukee Brewers, Coca-Cola, SouthCoast Hospitals, Owens-Corning and MPI Georgia Chapter.*

He has been an adjunct professor at Georgia Tech (1996-2000) and Georgia State (2005-06). He was on staff at the Homer Rice Center for Sports Performance (2000-07). He has had a private consulting practice since 1991.

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