

Optimizing Academic Success at Vanderbilt

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Optimizing Success at Vanderbilt

- 1 Understanding Where You Are
- 2 Understanding Who You Are
- 3 Laws and Principles to Guide You

High School

- Diverse classes with relatively high range of ability
- Teachers whose sole major responsibility is to teach
- Students who are not adults
- *Result:* Ability, gender, and socioeconomic status of the student are the major predictors of grade

College

- Highly select classes with a much lower range of ability
- Taught by professors, who have several major responsibilities
 - ① Research
 - ② Teaching
 - ③ Administration
- Students who are adults
- *Result:* Organizational skill, effort, interpersonal skill, and maturity often trump ability

You Are An Adult

You Are Responsible for Yourself

- It is your life
- Your successes will be yours
- Your failures will be yours
- Starting right now!

Laws and Principles

- The 60 hour rule
- Excuse vs. opportunity
 - The inverse-charisma Law
- The get-ahead stay-ahead rule
- The law of inverse time value
- Steiger's Law
- Creative visualization
 - Med School Admission

Laws and Principles

- The active memory principle
- The chunking principle
- The enthusiasm generation principle
 - The King of K.P.
- The early communication principle
- The teaching principle
- The charm principle

George's Rules

- Never cut class
- Always take notes
- Be aggressive
- Be memorable
- Never be outworked
- Write one multiple choice question after each class