



# **EXTREME RULES FOR HIGHLY SUCCESSFUL STUDENTS**

*(TOP 10 PROVEN STRATEGIES THAT WILL BOOST YOUR  
ACADEMIC PERFORMANCE)*

*By Ukairo Emmanuel*

**I dedicate this book to the almighty God for giving me the wisdom, strength and resilience to write this wonderful piece for students who intends to experience a quantum leap in their academic adventure**

**I sincerely celebrate my parents, siblings, friends and my colleagues at Campus Impact Network and Mind Recuperation Initiative for contributing to the success of this mini e-book to the glory of God.**

**I specially want to thank my mentor and coach pastor Daniel for proofreading this working and paying rapt attention to my progress till now.**

**Also to Mark Fred Akachi I say a very big thank you for pushing me till this stage.**

**To Joshua Mba my awesome, wonderful and annoying coach whose excellence spirit has refused me from settling for less.**

**Finally, a warm thank you to Johnson Crystal my mentor and coach for standing by me always and giving me a reason to push on. Of course you are the reason this book is a huge success.**

**My reason for writing this book is not to show proficiency in my writing, of course am still in the pipeline. I wrote this book to help students who were just like me academically before I had my breakthrough to improve and become better.**

**The rules in this book is born out of experience from my own academic adventure also advice from exceptional academics. I believe that if these rules are applied by any student, i guarantee commensurate success.**

**Lets journey to the last chapter.**

## **EXTREME RULES FOR HIGHLY SUCCESSFUL STUDENTS**

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It takes sheer determination to pass through the four walls of a tertiary institution be it a University, Polytechnic or College of Education with flying colours.

It demands a proper understanding of what education is and the impact it will make in the life, career and areas of one's life. Today we have a lot of graduates who have spent a good number of years earning certificates they know nothing about or boasting of grades they do not even deserve.

An introspection of our educational system, I couldn't help but blame the leaders our nation for providing such a weak, hazy and unstable educational system that is below the acceptable standards of relevance in this age and developed countries.

But on a second thought, they are not to blame because this whole blame game has rendered us helpless and left us incapacitated. Since the blames haven't yielded and will yield us nothing, why continue?

A student is one who is eager to learn. Therefore, education is meant to engender eagerness and curiosity in the student as well as spur commensurate action to drive knowledge to fruition. Success in school doesn't come from mere wishes but through commitment, action, hard work, smart work and the right association. It calls for a burning desire to gain knowledge to be a better and useful citizen.

This piece aims to introduce us to extreme rules for highly successful students and if applied with diligence and discipline will guarantee optimal success at any level of learning.



## Rule No 1: **ASK WHY**

**A** casual approach to any feat will always render us a casualty. Asking why is the first thing to do before writing any examination that will take us to any higher institution. You must ask yourself the “why” questions like

- ❖ Why do I want to go to school?
- ❖ Why do I need to study the course I want to study?
- ❖ Why do I want to undergo the stress of higher education?
- ❖ Why do I want to spend a whole lot of money paying fees and other incidental expenses?
- ❖ Why do I need a higher learning?

At the end of this introspection, you will come out with reasons to validate your decision to either take it or leave it.

Where reason is not known, abuse is inevitable. This is the reason why some persons come to school just to roam about, spend money on girls and drinks, join cults etc this is because they never really asked themselves why they are where they are in the first place.

Negligence of the above rule can result in confusion, frustration and massive failure to any student. No sensible person will start up a worthy project without first counting the cost of its actualization. The consequences of not asking why is clearer, isn't it? You will end up running short of materials, cash or ideas to sponsor the project and you will end up a mockery.

The most important reason we need to ask why is to help one develop a workable system and resilience that will take you through your stay in school. As our faces are different so does our reason for doing things differ including schooling. So find yours and stick to it.

Reasons why people come to school

- a. Some are in school because they are alone at home and therefore decide to take school as their "boredom tablet"
- b. They were forced out of home
- c. They are not ready to take up responsibilities therefore they hide under the umbrella of higher learning in order to shy away from those tasks.
- d. They are in need of "just the certificate" and not the knowledge.
- e. They need to receive the respect accruing from being the first graduate in their family.
- f. To find their "better halves" and "missing ribs".
- g. It is the next step after high school.
- h. To find a decent job with job security.
- i. To be productive, creative and innovative.

Based on the above reasons, students react differently to education. The first six will approach education with non-challancy while the last three will tend to give their best to this worthy feat.

Sampson Adah Paul said and its online ***"you don't further school because you want to be promoted at work but you want your work to be promoted by you"***.

Think of why you should be in school not to make money and become better but to add value and better others.

Ask why? Calibrate your answers and decide whether it is worth it.





## Rule No. 2: **BE CURIOUS**

***“Always want to know if you want to be known”***

**C**uriosity they say is the mother of invention. No great feat has ever been achieved in the absence of curiosity. It is the reason why we are becoming better and trust me it is the reason for any further greatness.

I love what Albert Einstein said ***“I don’t have special talent, am just passionately curious”***. If one of the greatest inventors that the world has ever known could admit this, then curiosity must be a virtue. If you want to make it to the top of your class and become a better person then you need to develop curiosity or fire it up. ***“Curiosity is a natural assassin to complacency”***.

Always want to know, be inquisitive about a worthy subject, ask questions, make research and go for in-depth knowledge.

It is your willingness to learn that keeps you teachable. If you are no longer teachable, then you can never learn again, and when you can't learn again, you start to die. Curiosity gives you more life line.

As students ,we don't strive to know. little wonder we have gotten little of such known men as Isaac Newton, Albert Einstein, Michael Faraday, Bill Gates, Steve Jobs in our generation. Is not too late, you can still be one.

We are obsessed with the known knowledge provided by this men of virtue.

The belief that knowledge comes with grey hair is delusional. Knowledge come from the passionate sincerity to know.

We are curious no doubt, but its only about distractions such as movies, football, picnics, carnivals, fashion shows etc. that's why we have lost our credibility.

***"I'd rather be dumb and curious than intelligent and stuck".***

Say to yourself now " I want to know, I will strive to know because I want to be known".

A knowledge born from curiosity will sink down even to the unconscious mind.

Whatever you don't know, ask questions. Whatever grammar you don't understand, search out the meaning. Whatever course you are not grounded in, take extra courses.

Thank God for libraries and internet. Use these resources wisely.

I end with this story.

There was a little girl who kept asking her mother question after question. Finally, the mother cried, "for heaven sake, stop asking so many questions. Curiosity killed the cat". After two minutes of thinking, the child asked " so what did the cat want to know?".

Be like her. Be passionately curious in your search for knowledge.



### Rule No 3: **BE CONSISTENT**

***“It's not what we do once in a while that shapes our lives. It's what we do consistently”.***  
Anthony Robbins.

What if you wake up in the morning and you find out that the earth is no longer spherical or that the sun now shines in the night and the moon in the day, or probably you slept on your bed staged on the floor and woke up with your bed on the air. What would you do? you'd probably lose your confidence with cosmos and can never predict or depend on it.

The reason you still feel energized to wake up in the morning and go about your activities is because the earth exhibits some level of consistency. The evidence of the earth's consistency is palpable and it has produced lasting success for centuries.

The same should be said of you and I. If you want to achieve extreme success academically, no matter your motivation towards that feat, failure is inevitable if you are inconsistent.

It is easy to set a study schedule now that you are just starting off, you are still very motivated and that feeling of euphoria is still the limelight of your actions but what will happen in the next few weeks ahead. Will you stick to the your schedule or will the whole schedule become a mere wallpaper in your room.

Propose to study daily and never stop until that discipline becomes a habit.

Steve Pavlina said ***“If you're clear about what you want, settle for nothing less. Accept that success will take time, perhaps much longer than you'd like. Rid yourself of the fast and easy, something-for-nothing mind-set. Keep your head down, work hard, and know that your efforts will eventually pay off, as long as you keep learning and growing”.***

It's never easy to be consistent, but it is one of the core principles to achieving success academically and otherwise.

Use this very simple way to build your long-suffering and consistency.

Give your self a free trial on a particular discipline for some time.

For instance, I couldn't finish a book cover to cover for a specific time. I might end up starting three books in one day but never finish any in one year. That was how terrible I was in reading.

One day I decided to give myself a free trial of finishing a book in one week and to stop if I don't like it.

I started the journey with the knowledge that I was doing it for trial sake and could stop after the scheduled trial time was over. The next three days was hell to me, I wanted to quit but I remembered I was only on trial mode so it gave me the morale to continue.

At the end of the seven days trial, I had finished the book and interestingly started another one.

The trial became fun and within the next three months it had become a habit. Now the habit has become an addiction.

Start a free trial of waking up early every morning, Reading for one hour everyday, working out every weekend, revising your lecture note every day and so on. You can quit and re-strategize. You will be building your consistency and you will never remain the same.

Do it now and always. If it's hard, give it a temporary trial, be disciplined in the trial period. You will be proud of your self afterwards regardless of the result.



#### Rule No.4: DEVELOP A SYSTEM

It is no surprise when students ask what a system is all about. I just found out not long ago.

Here, developing a system means institutionalizing a pattern based on your physical, biological and mental buildup.

We all have our unique ways of doing things. know what works for you and follow it diligently.

One of the challenges faced in my first degree program was lack of a stable system of studying and facing college activities. I had other factors working for me but the lack of a system almost brought my whole efforts to nothingness.

What does it mean to have a system? Develop strategies for the success you desire.

***“Strategy is first trying to understand where you sit in today’s world not where you wish to be or where you hope to be”*** Jack Welch former CEO of General Electric. I concur to that. You and you alone know your level academically. Whether below average, average, above average or genius, tell yourself the truth.



Develop commensurate strategies to either improve or remain on the cruise. Select the appropriate yard stick to measure your life and academic endeavour.

To develop strategies for academic success, you must;

- Know your most productive hours
- Develop a workable schedule and timetable.
- Choose your milestones
- Measure your performance

Time is the greatest assets every student will ever have but also can be the greatest liability. It becomes an asset when it is judiciously managed and is a liability when is it wasted.

The secret of success is reaching an ideal formula that can efficiently use your skill and talent to fulfill a predestined goal. A system makes your success academically and otherwise predictable. you can see the light at the end of the tunnel.

Never approach any semester carelessly. Starting from day one, determine your height, grade, achievement, your impact and your readiness. Propose a workable strategy and stick to it till the end. Keep it flexible and don't hesitate to restrategize when you need to.

***“pursue perfection and settle for nothing less than excellence”.***

A runner who engages in an endurance race knows that it takes more than talent to win, it takes strategy and the best strategist becomes the champion not the more talented.

As students define your values even if you can not define your purpose yet.

What are your Yeses and Nos?, the race has already started, what are your milestones and what yardstick do you measure them with?.

**Get systematized by doing the following:** Be organized, Have a place for things, write down your schedule and follow them meticulously, Do not prioritize your schedule but schedule your priorities and KISS (keep it short and simple).

Document your progress and make a review of it. My father Daniel Oti said ***“you can never break record if you don't keep record”.***



### Rule no. 5: **FOCUS ON THE PROCESS NOT THE RESULT**

***“No man was born great, not even Alexander the great”. It is the process that births the greatness.***

Learning is a path without a destination. When you stop to learn, you start to die.

It is not the ring, pitch, field or court that makes great athletes, it is the process that deliver the success. You can ask Anthony Joshua, Cristiano Ronaldo, Roger Federer or Usain Bolts to confirm this statement

The greatest challenge we have as students is that we focus so much on convocation while still on matriculation.

I am not suggesting that you should not envision your success but focusing much on it will make you deviate from the main course “the process” which makes you a complete student. Remember you do not walk to your expectation, you work to your expectation.

The process includes the morning lectures that will deny you the of beautiful morning sleep that you so desire. The lectures that keep you seated at a place for four hours or more. The tests that will come when you least expect, the hunger that will make you feel like the world is spinning, value them because if you can handle the process, the results are bound to happen.

You don't even need to fast and pray. This loud verse in the scripture resounds that as long "as the earth endures, seedtime and harvest will not cease.

If a farmer plants a seed and every morning he waters and weeds it and also protects the seed from insects at the end of the season, the seed turns into a harvest. The process is what produced the harvest not just the seed. Same applies to students. You are the seed, your harvest is the first class or distinction but never forget the process which includes lectures, assignment, seminars, conferences, examinations etc.

Walk through the process and check whether or not it works. Consider your desired grade work with it boldly written on your mind but focus entirely on the process that will guarantee good grades then it is assured that you will walk majestically into your desired grades. In other words *"Never focus on success, focus on the road to success"*.

John C. Maxwell author of best selling 21 irrefutable laws of leadership said ***" knowing the future is difficult , controlling the future is impossible. Knowing today is essential ; controlling today is possible.***

***"Birth your tomorrow by nurturing today"***.

The only thing you have control over is today. Yesterday is gone and you can only learn from it, tomorrow is not yet here so you can never do anything about it. But today is here and now so do what you have to now and you will have your result tomorrow. Don't die a dreamer.

T.D jakes call it a world of woulda, coulda and shoulda. Focus on the process.



## Rule No.6: **DEVELOP A HEALTHY MENTAL ATTITUDE**

***“You can never be a winner with a loser’s mindset”***

I observed that whenever you start with ‘I can’ you will always end up with ‘I did’ but when you start with ‘I might’ you will end up with ‘I did not’.

Every energy in life travels in frequencies and vibration including negative energy. It is what you expect that you experience. Dale Carnegie said *“to think rightly is to be creative”*.

Never consider yourself a failure rather talk yourself into success. No matter the situation possess the right mental attitude. Never allow your eyesight affect your mind sight.

As a student always say these words ‘I can’. I can climb up to that grade, I can graduate with flying colors, I can decipher any difficult course no matter how hard or complicated it may seem.

Yes you can. Of course we can.

In school, I maintained the back seat for a while. One day after a particular lecture, someone walked up to me and asked what I was doing in the seat meant for noise makers and non academic students like them. I was flabbergasted hearing those words from him. I looked at

myself and couldn't respond, I only smiled my way out. Then I knew that he has already decided his fate as a bad and noisy student. That is how most of us are, we think so little of ourselves and believe that people are always better than we are. That is very negative.

Les Brown said “ ***the easiest thing I have done is to make 1 million Dollars, but the most difficult thing I have done is believing I can do it***”. These words speaks volume to me because it remind me that nothing can be done except the mind agrees. You can never get anything you have not seen with your mind sight.

***“You can never feature in a future you can't picture”***. Wilberforce Oti

See your self becoming the best. talk your self into what you have seen in your mind. Walk your way into what you have seen, in no time you will find yourself In the realities of your imagination.

Talk yourself into believing that you are intelligent, without doubt you are. I never believed I was. This belief system did not just stole my grades, it stole confidence, my intellect, my boldness, my happiness and my creativity. Guess what was left in me 'FEAR'.

Keep saying to self that you are intelligent even if your grade does not agree with that confession. just let your work be congruent, soon enough your grades will be left with no other choice.

You might have heard, we all have the same brain cells. Right mental attitude includes courage, confidence, good cheer, love, frankness, faith, hope and so on. Nobody was born with them. It is not a gift or a talent, all we need to do is to cultivate and nurture it.

Say this to yourself “ **My predisposition cannot determine my position. I will work my way through failure, against all odds, I will be the best**”.





### Rule No.7: **CALIBRATE YOUR ASSOCIATION**

**T**he one thing I know that can stymie ones progress academically is shrouded in the word ASSOCIATION.

Our association is truly one factor that can speed up or deter our acceleration.

We strive academically based on the association we keep, so it is quintessential that you examine who you associate with.

We have discussed about the first six rules and their importance in molding a successful student but none can take effect and produce desired result if the association is wrong. It's like cooking a dish with no salt or excess salt. We need the right association to become the best. No man has a monopoly of knowledge.

As you set into the your environment of learning, don't follow looks, they can be deceptive. Don't follow words, it could be lies. Don't follow the crowd, they could make you feel like an island in the sea of people. Don't follow religion, it could be a trap.

Follow your heart. Choose that person or group of persons that have the same mindset as you, exude the same energy as you and goes the same direction with you. If possible whose purpose resonates with yours.

Wrong association can be attributed to a weed, it will always grow whether you like it or not. Wrong association will always come around you whether you invite them or not. Just weed them off. Let your defense mechanism be strong enough to resist such . No association leaves you neutral. It's either giving or its taking from you. 1Cor 15:33 says "Don't be Misled; Bad company corrupts good character".

A lion who dine with sheep will surely eat grass. An iron that meet with wood will definitely get blunt. A chicken that culminate with eagles will one day soar!. A wise man that relate with fools will soon become foolish. Choose a wise association.

Some association can turn you from a nobody to a somebody or from somebody to a nobody.

In school, beware of wolves in sheep clothing. Beware of Eliab. They look macho, strong, handsome and hopeful but remember that all that glitters is not gold.

Protect yourself, be very choosy, vet your friends before accepting them. Take time to make some research about them and pray for discernment. The enemy has no business with your destiny directly because its in the Lords hands. He attacks you through your association, kill your time and leave your purpose nocturnal.

A little exercise for you, Take stock of your friends now. Begin the process of vetting using the standard you have set for yourself. Now sieve the dust from the flower.

Exonerate yourself from the crowd, stand out. Make sure your association is mutual not parasitic.

Association is key to success in any endeavour but isolation is the key to growth. Never trivialize the efficacy of isolation if you want to improve.

In your quest to secure a blistering association, you still need to Isolate and grow.



## Rule No.8: **PAY NOW**

***“we can never get out of life alive”***. I dug out this diamond when I read Above Average by Johnson Crystal. Those words carries a gold mine of truth. Life can never release you alive, so why strive to live. Vanity upon vanity the Bible calls it.

***“We were not created to live, we were created to impact”***.

One of the dominant attitude among Nigerian student today is COMPLACANCEY. We are a lot in success but not willing to pay the prize.

It nauseates me to hear this statement expresses mostly by the youth “ I can’t kill myself”. This statement is not actually depicting physical self mutilation or suicide. It’s a slang used to mean I can’t stress myself much over something. As funny as it sounds, I don’t think is what any student should embrace.

I appreciate this quote that says *“ make your mistakes, because you will still die”*.

We must decide to pay the prize now if we truly desire success in our education.

Giving bird eye view to our educational system that prepares us for the future that never exist, I suggest we should give ourselves to the stress of going extra mile to learn, unlearn and relearn if we truly want to compete in the global race. James Baldwin commented” **Not everything that is faced can be changed. But nothing can be changed until it is faced**”. Face the stress of learning now and change your life forever.

Personally, as a student, I don’t subscribe to the saying that you must sleep for eight hours every day. sleep is very necessary no doubt but should be approached with consciousness if we truly want to be the best.

I asked myself, Doctors prescribe eight hours sleep, but no good Doctor sleep up to that time if not they will never get out of medical school with flying colors.

Am sounding funny now! I guess but am saying the truth. Am trying to let what am saying resonate with what I do because am still working towards cutting down sleep to the minimum until my aim is achieved. You can do same. Rest but never sleep. “for when men slept the enemy came and sow tares.

Never wish for any success, you will be wasting your time. Learn what endeavour you want to venture into, consider what it will take to get there and propose in your heart to pay the price if you really want the prize. Athletes train for years just to deliver in minutes.

Let utilize the power of digital. We are blessed with instruments like the internet that can connect us to information in split seconds. Let’s utilize it properly.

Try to equate your reading with your eating. Hard work is sacrosanct to success.

I was amazed when I saw in the Bible Daniel 1:9 “ I Daniel understood by books”. If Daniel had his exploits by reading and hard work then I think we can do same and more. Pay now so that you can play later.

TD Jakes said “ **time is ticking, day is wasting, life is fading, we must learn in the light so that we can choose in the night.**

Whatever thing you should do now, do it. Pay the prize of reading and burning your midnight candle. The pay is not far fetched.

William penn said “ **No pain, no gain; no thorn, no throne; no gall, no glory; no cross, no crown**”.





### Rule No 9: **BLAME YOURSELF**

**O**ften times we blame others for our inappropriateness and misfortune in the journey of life. We do this consciously and most times unconsciously to cover up our shame and inadequacies in getting things done.

We blame our parents for not being able to give us the luxury life we desire. We blame the society for not giving us the opportunities to express our self. We blame the Government for providing such a weak educational system that cannot compete in the global race. We even blame God for making us the way we are and the worst of it all, we blame ourselves for everything we are not.

Little wonder we are yet to experience exponential increase in our education and acquisition of relevant information.

When we put the blame on anything at all, we relinquish our strength to that thing and remain hopelessly helpless.



Blaming your self means taking responsibilities for your action and inactions and knowing that whatever result you have is a product of the work you put into. This mentality alone can leap you to a high magnitude of success.

Funny enough one of my lecturer in class made a statement that still tickles my fancy till now. He said “ you better work hard now. if you make A you will say you made an A, but if it is F then i gave it to you”.

Very few admits they were the cause of their failure. And by so release our energy to that challenge or situation. If blame can solve any problem, then Nigeria should be a first world nation because in it lies professional blame gangs with first class degrees.

Say to yourself “ I refuse to blame anybody for my failure, I admit my flaws, I would do better next time.

You feel better, don't you?

If your grade is not what you want. do me a favour, tell yourself “ na me cause am” I used this colloquial so that it will sink down. If you have done that, tell yourself “ I know I can do much more better next time”.

Quit the blame game, Take responsibilities and soar!.

Never blame anybody for anything. Never blame the government for the kind of education you are getting. Rather go beyond the class room, take online courses, read other textbooks, study the biographies of successful men, build some momentum and gain that ground.

In my first year in school, my grade at the end of the first semester was far below my expectation. I was really sober.

A thought came to me telling me how hard I worked in my studies. It told me that am not to be blamed at all because I did my best. It also suggested that it was because we had a very large class and it was difficult for lecturers to grade me according to what I have written because of the massive script they are to mark.

“when you blame, you nurture complacency”.

Worst for me, I believed the thought. I blamed the school system and lecturers for my failure and relaxed. Guess what? the second semester result came out, It was worst than the first. I was shocked.

What was wrong me? Nothing, I was at the mercy of what I blamed. Unluckily, it was not merciful enough.

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I learnt about blame and decided to quit and take the shame. After which, I became better and better.

Blame yourself today become better tomorrow.



## Rule No 10: **GOD FACTOR**

I purposely Had this nugget the last but it is rather the first and quintessential of all the rules.

Without this last nugget, the other nine makes no sense at all.

Many student today think that they don't need God in their academics, maybe because they are naturally brilliant.

There is this anathema that seeking God first in our academics is mainly for the bad and average students alone because they are the ones who truly needs God's help. I frown at those mindset because that is on its own a neglect on the author of knowledge (God).

Do you ever realize that there are a lot of frustrated first class students today in the world, A lot of angry and depressed professors in our institution today. In fact most suicide are committed by geniuses and a lot of heart breaks are experienced by the so called Doctors of education.

Before you set off for your educational journey, acknowledge God. As you walk your way through the hectic process of gaining knowledge remember to take him along. God does not

promise us a smooth sea but a safe landing. So even as you walk with him, there will be ups and downs, but the confidence we have is that we must be victorious in the end.

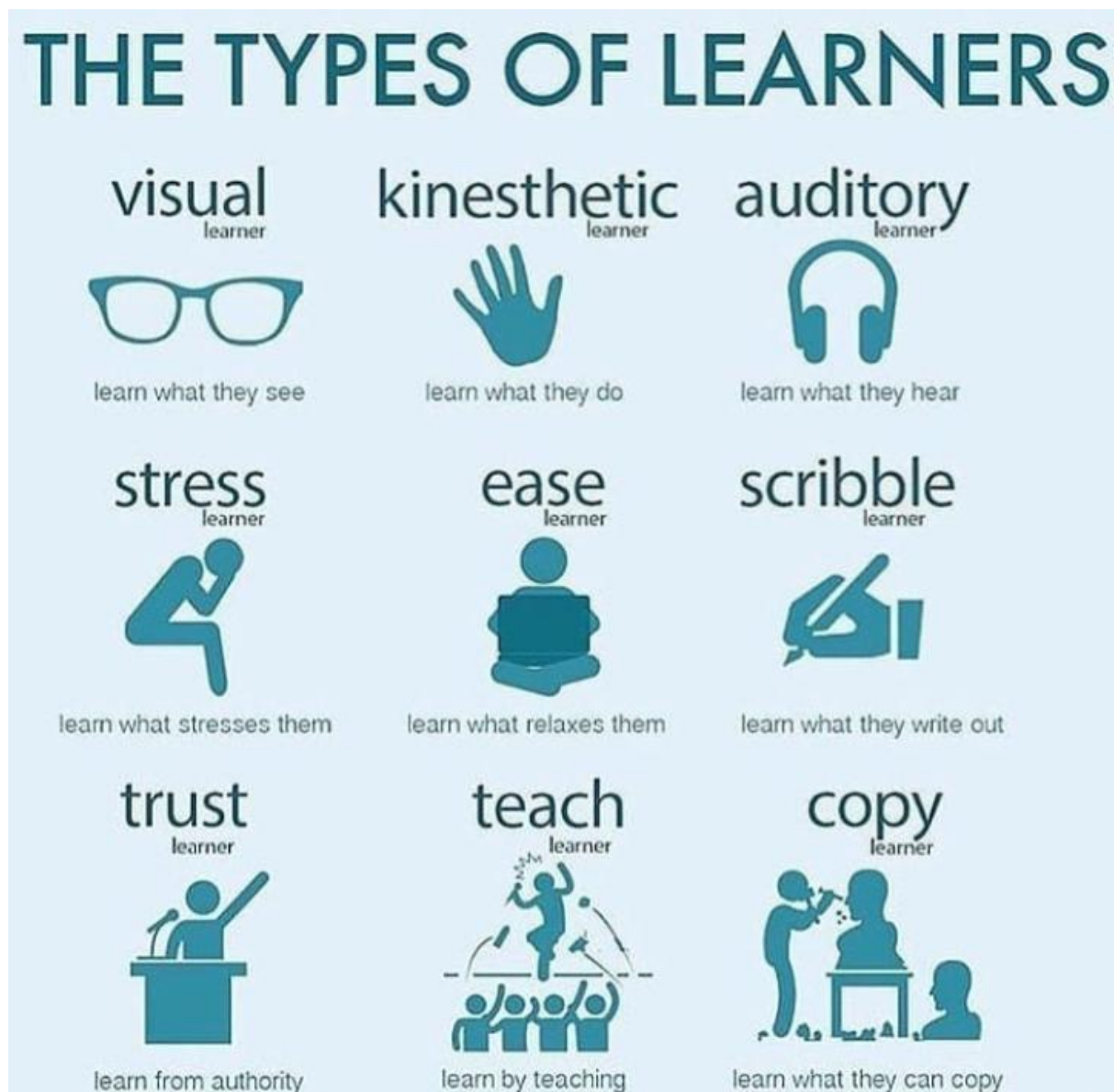
I hope this truth resonates with yours.

It is the God factor that activates all other nine factors mentioned above.

“trust in the Lord with all your heart and lean not on your own understanding, in all your ways acknowledge him and he will direct your path” proverb 3:5. This verse speaks more volume than anything I can ever explain in this chapter. As human we have understanding of our own, but it can never equate with the knowledge of God that is far-flunged around the horizon of the earth and the heavens. If you want access to this great wisdom that produces sweatless results we need to put him first.

The word Wisdom was mentioned 222 times in the Hebrew bible which summarizes how God values it. If we must improve by leaps and bound academically we must start with the Alpha and end with the Omega.

**Know the type learner you are and stick to the method at which you learn and understand at ease.**



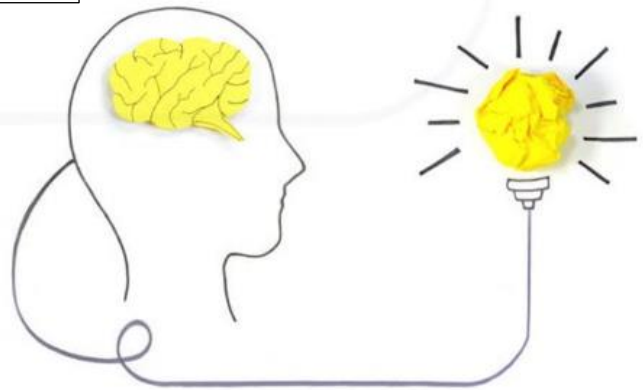


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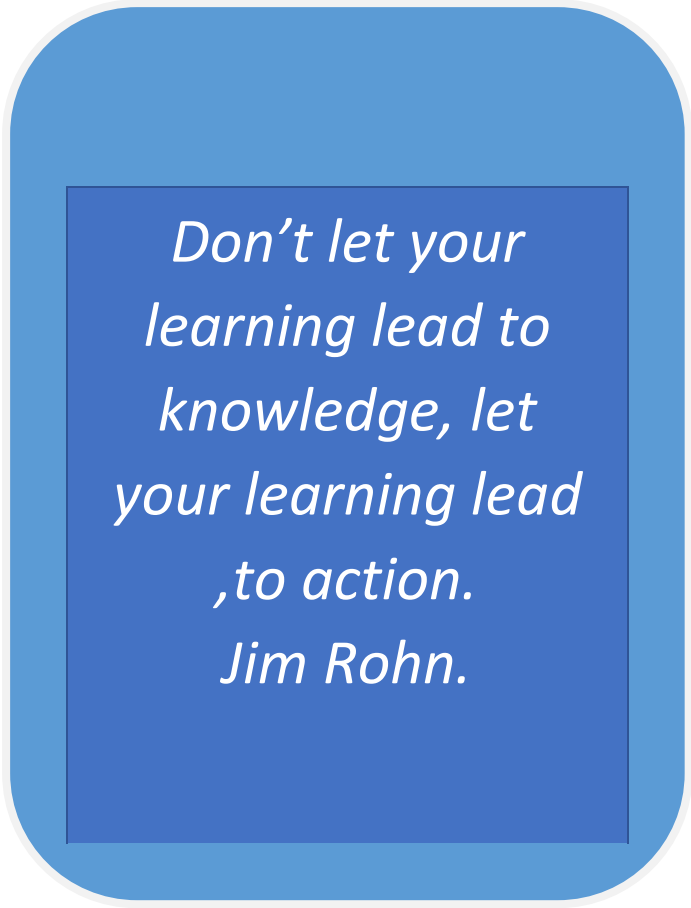
My name is Ukairo Chinoyerem Emmanuel

Am from Ohafia in Abia State.

Am a youth lover and advocate, a graphics designer, reading/learning addict, Opera hub creator and founder Campus Impact Network and Mind recuperation initiative, a non profit making organization aimed at impacting lives and making a positive change.

Your decision to become better is my priority. I would love to hear from you and help you in any way I can. Feel free to call or text me on **+2348162440277**.

**You can also connect with me on Facebook, twitter, and Instagram @ Ukairo Chinoyerem Emmanuel.**



*Don't let your  
learning lead to  
knowledge, let  
your learning lead  
,to action.  
Jim Rohn.*

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*by Ukairo Emmanuel*

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