

ACADEMIC EXCELLENCE

KEY CONCEPTS



Academic Excellence

- ✓ Your ability to perform exceptionally well in your academic pursuits.

Visualisation

- ✓ Using your imagination to deliberately create a positive inner experience.

Affirmations

- ✓ Written positive statements that trigger the internal visualisation experience.

NOTES

Academic Excellence: In order to reach academic excellence, it is useful to develop a mind-set or habit of thinking that enables you to extend the ideas you hold about your academic ability in all your subjects. With every revision session, every test or exam, use these experiences as an opportunity to do better than you have ever done before. Set yourself a goal to extend your personal best by just one little step. Then as you see results, the evidence will strengthen your belief it is possible.

Visualisation: It is hard to become good at something like exams when you do not practice them often. It is therefore helpful to learn exam-preparation skills through visualisation techniques. By imagining yourself in different test or exam settings, your brain will wire in the response you are seeking. You can visualise the process of sitting a test or exam (study sessions) and the outcome you want – performing well on the day.

Affirmations: Positive statements of intent, or affirmations, help you to visualise yourself being in your ideal situation. Written and stated in the first person, present tense: 'I am...' or 'I have...' outline your best self and use the words to repeatedly visualise this 'mental movie' of you as if it is real. This consistent self-talk begins to reinforce a new self-image which in turn improves your performance.

QUESTIONS

Think about any area of your preparation for tests or exams where you are having challenges or difficulties: Some examples could include: *lack of concentration, easily distracted, problem getting motivated, procrastination, trouble remembering stuff, exam nerves, teacher issues.*

1. What one test or exam preparation difficulty do you currently have?

2. What would you like to see yourself being able to do in your ideal scene, if the problem was fixed?

3. What affirmation statement could you write that would help you visualise and feel that you are in your ideal situation now? Remember, write a statement that helps you see yourself just a little step ahead of where you are now. Practice visualising this scene for 30 seconds, twice a day for a month.

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1. What do you consider to be your weakest academic subject at the moment?

2. What do you think is the cause of this problem?

3. If you could imagine the problem fixed and you were actually starting to get a little better, what would you experience? Discuss this with someone next to you.

4. What affirmation could you write that would enable you to visualise this scene again and again?

Remember, write your affirmations in a way that allows you to see yourself just one little step ahead of current reality right now.

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1. When you are undertaking exams, what common problem keeps occurring time and time again?

2. If you could imagine your ideal exam situation where this problem does not occur, what would you experience happening?

3. How would you write down your ideal exam situation in an affirmation statement that helps you visualise it?

4. With whom do you think sharing this information could benefit their exam preparation and performance? Write their name and a time when you could share these ideas with them.
