

6 Steps to Overcome Tension in Academics For Students



By Pavani Prasad

Students Academic and Personality Expert

Thanks for downloading this guide!

Hi! I'm Pavani. Mother of two lovely children with a simple and minimalistic mindset approach. I'm on a mission to support and guide students who are anxious, depressed and stressed on how to deal with their academic and life challenges and COME OUT with flying colors.

I have created a beautiful course for you students where in you learn how to overcome your lifestyle disorders and greet your hands with your so called friend name SUCCESS.

If you want to know more about my course you need to download this free pdf .



Step 1

Identify the area

You need to identify which of these 6 problems you want to solve:

- Subject Problem
- Teacher Problem
- Time Problem
- Money Problem
- Memory Problem
- Relationships Problem



Identify the specific problem

- From step 1, once you identified the problem, you have to narrow down specifically what is/are the specific problems you have in that area like for example in:
 - Subject Problem - Difficulty in concepts, not interested to read etc.,
 - Teacher Problem - Troublesome with his/her teaching , behavior etc.,
 - Time Problem – More things to read in less time etc.,
 - Money Problem - Payment of fees or any other
 - Memory Problem – Forget things quickly
 - Relationships Problem - Family or friends conflicts etc.,



Step 3

Working on the problematic area

- From the identified step 1 and 2 start researching on solutions .
- Pick at least 5 best solutions .
- Start working on each solution, lets say each solution must be implemented for 21 days.
- Choose which solution is working the best for the problem and stick to it for another 21 days.



Validate the chosen solution

- By now after 42 days of trial solution review how much it has worked.
- Sometimes even after 42 days of working it may or may not workout. Then switch to another solution.
- The cycle must be repeated until you get the desired result
- Remember the one who sets back from these steps is next to impossible to reach their goals.



Step 5

Fix a goal

- Now at this point you are clear with the problem and the solution to deal it.
- Fix short term or long term goals out of the problem.
- Fix short term goals minimum of 3 months to less than a year.
- Long term goals must be minimum of 3years to 5 years.
- Work on it consistently without moving out of track for long hours



Step 6

Repeat

- Repeat the above steps to any problem of your academics and life
- Believe me students you will see wonderful results.



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