



Keys to Success:

Athena Wang

Caleb Hu

Joanna Liu

Mimi Zhang



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+ Agenda

The Three P's

Passion
Productivity
Persistence

Application

integrating these
skills + concepts into
our daily lives

Conclusion

key takeaways +
Q&A

Passion

- **Definition**
 - *“A feeling of intense enthusiasm towards or compelling desire for someone or something”*
- **Examples**
 - An eager interest in or admiration for an idea, proposal, or cause
 - Enthusiastic enjoyment of an interest or activity



Passion: love for a subject

- *Cinderella vs. Pride and Prejudice*
 - Which one is the more realistic type of love?
- Many people believe passion happens like *Cinderella*
 - In reality, passion is much more similar to *Pride and Prejudice*
- Elements of passion:
 - Typically developed over time as one learns and builds their skillset
 - Not a single route or pathway to passion



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Finding passion

- Develop a valuable skill set
 - *“Once you’re good – and only then – start looking for your niche.”*
- Try new + different things of interest to get a better sense of what you enjoy

“These compelling careers unfold as follows: You choose something. You work hard at building skills. You fail at some things and respond by shifting your attention to other things that work better. Over time, as you become more valuable to the world and confident in your ability, interesting opportunities finally start to arise. It is here, it seems, surprisingly late in the process, that passion reaches full bloom.”

– Cal Newport

[The Pre-Med and Ira Glass: Complicated Career Advice from Compelling People](#)

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Motivation:

- Motivation = Passion's fuel
- There are two types of motivation:
 - Extrinsic Motivation
 - Motivation spurred by something you want for yourself. (status, education, money, etc.)
 - Intrinsic Motivation
 - "Something that Comes from Within" → something you do because you enjoy
- Starting Self motivation:
 1. Accepting your faults
 2. Make small changes to change yourself

Case study: Elon Musk

- Elon Musk Was initially considering a career in making computer games. **So why didn't he?**
- Intrinsic: His love of video games, engineering, and coding:
- Extrinsic: (What stopped him from pursuing a career.)
 - "I really like computer games, but then if I made computer games, how much effect would that have on the world?'He said. ' It wouldn't have a big effect. **Even though I have an intrinsic love [] video games, I couldn't bring myself to do that for a career.**" -- Ashlee Vange's *Elon Musk*, p. 54.

Key Ideas:



Passion is (like) love:

You have to try new things to find passion. Passion is a gradual interest that develops with your skill set (which you need to establish first).

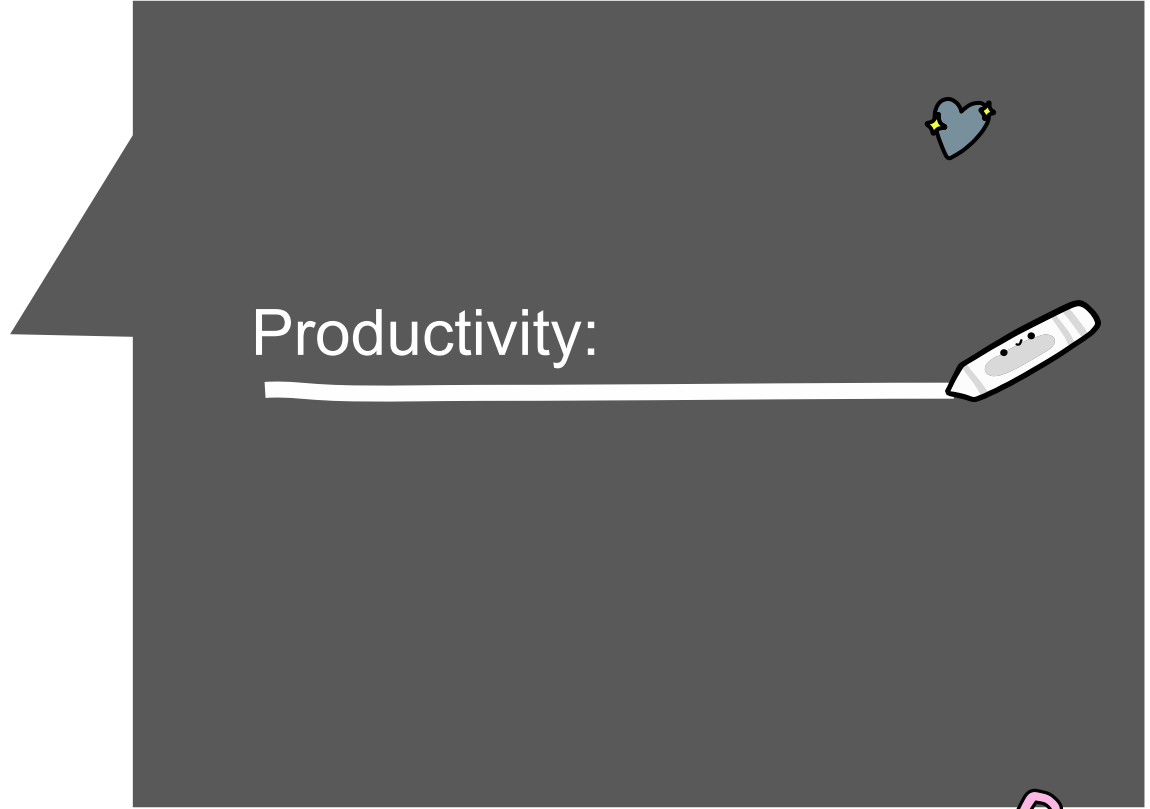
Both are necessary:

Passion is both an intrinsic and an extrinsic motivation: those who have both usually get much farther than those with one or the other.

Suggested resources

- [Rethinking Passion](#) — Cal Newport
- [How to Be a High School Superstar](#) — Cal Newport
- **[Grit: The Power of Passion and Perseverance](#) — Angela Duckworth**
- [Learning from dirty jobs](#) — Mike Rowe
- [Screw Finding your Passion](#) — Mark Manson
- [Stop searching for your passion](#) — Terri Trespicio

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Time Management:

Long & Short Term

C Daily Plans:

• Write:

1. Your **Most Important Tasks** (MIT's, or daily highlights) that **NEED** to get done
2. A general outline of your day -- this includes breaks, meetups, etc.
3. **Reminders:** What are some things that I need to do in the future? What are some things I need to remember?

• Important note: You accomplish things in the amount of time you give yourself (Parkinson's Law)

Alex's Schedule:

1. **MIT:** Finish Biology presentation
2. **MIT:** Work on research for History paper
3. **MIT:** Study for the SAT reading sec.

Outline:

7:00 - Wake up, Breakfast

7:30 - 8:00 Exercise

8:00 - 11:30 #1 MIT

11:30 - 12:00 Get Hist. Material @ Library

12:00 - 1:00 Lunch

1:00 - 4:00 #2 MIT

4:00 - 4:30 Talk with Jake on ZOOM

4:30 - 6:00 #3 MIT

6:00 - 7:00 Dinner

7:00 - 8:00 Finish Math Homework

8:00 - 9:30 Minecraft

9:30 - 10:30 Piano





11:00 - Sleep

Reminders:

- Dad's Birthday on Wed - get gift
- Start Researching Schools
- Math Final in Three weeks:



Daily Plans: yes, you have to

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- There isn't really any reason why you shouldn't be able to follow this outline. There are zero good arguments against it.
 - **It's too time consuming**
 - Writing your schedule should take no more than five minutes, and you can do it right before bed.
 - **It's too rigid**
 - Your schedule should be flexible and easily changeable. For example, if you need an extra thirty minutes to work on an assignment, then push back your schedule
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Long Term Plans

- Scheduling for things that will occur in the long future:
 - Assignments, Projects, Goals, etc.
- Though Long-Term Plans are rather complex in comparison to short term ones, they are still doable. Here are some tips:
 - For any assignments / plans with a set due date, your goal is to **start as soon as possible** and end with time to spare
 - For assignment/plans with no set due date (things like your personal goals), set **rigid checkpoints, focusing on those instead of the final goal**
- General Process
 - Organize what you need to do by priority
 - Estimate how much each step will take
 - Write an outline

In the next example, we will focus on the **high school application** as an example of a plan with a set end date.

Several Ways to Organize High School Application:

- How did you organize your private application process?
 - Caleb - BB&N

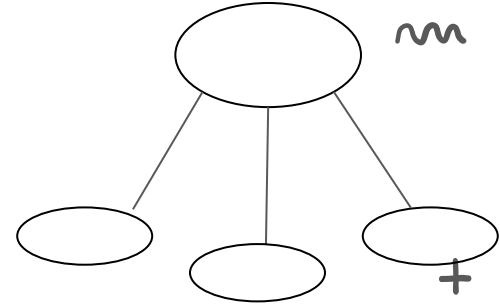
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Goal setting

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- Goals are the things that you are working towards in life
 - They're really versatile and are related to all three sections of this presentation, but we felt it was most relevant here.
 - They're also the hardest to achieve, because they're so abstract
 - HOWEVER, there are some key ways to achieve these goals:
 1. Breaking down goals into manageable parts
 2. Take responsibility for your decisions



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Focus:

1. Eliminating distractions
2. Working in short (but effective) bursts

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Long hours \neq persistence

- [How to Be Insanely Productive by Working Less](#)
 - In this, Mark Manson states that **focused work** is more productive than long hours
- Why do people believe that long hours are productive?
 - Long hours, although seemingly very productive, are misleading: **you trick yourself into thinking that you're doing efficient work because of the long hours.**



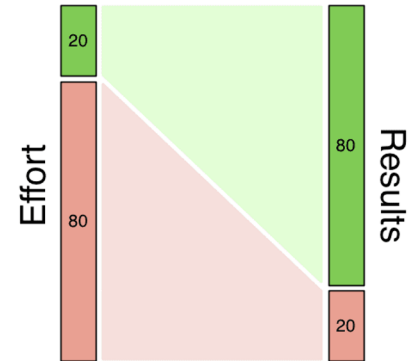
C. Ali abdaal: [Real-Time Study With Me - 3.5 Hours With Music](#)

Identifying the Unnecessary:

- 20/80 Rule
 - Get rid of 80-20, keep 20-80
- Law of Vital Few:
 - Does this provide me with any benefits, and am I missing out on anything by not using it.

The 80-20 Rule

"For many events, roughly 80% of the effects come from 20% of the causes." - Pareto



Therefore 20% of the effort produces 80% of the results but the last 20% of the results consumes 80% of the effort.

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Eliminating the Unnecessary:

1. Short-term Reduction

- e.g. scheduling downtime, removing distractions from the room
 - Apps like [Cold Turkey](#) reduce distractions

1. Long-term Elimination

- Either permanently getting rid of something or drastically reducing time spent on something
 - This requires an "[attention diet](#)"



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Short bursts and the Pomodoro Trick:

- Short bursts, in contrast, produce good work because they do not drain the brain.
 - **Ego Depletion:** the theory that willpower (and subsequently, diligence and focus) is limited, like a muscle.
- What's the most popular technique that people use? This tomato:



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Short bursts and the Pomodoro Trick:

- (I was lying on the last slide.)
- **The Pomodoro Technique** is the method of scheduling your tasks into 25-5/50-10 minutes work and rest sessions.
- **Why is it effective?**
 - The timer makes the task more **urgent**.
 - Refreshes your focus when completing a section.
 - Helps you break up large tasks into smaller sections

THE POMODORO TECHNIQUE[®]
A SIMPLE METHOD TO BALANCE FOCUS WITH DELIBERATE BREAKS

1 PLAN YOUR TASKS
How many pomodoros might you need?

2 DO 1 POMODORO
Time for 25 mins then take a 5 min break

3 REPEAT x 4 POMODOROS
Then take a longer break

CONCEIVED BY FRANCESCO CIRILLO sketchplanations

How Pomodoro Plays into your schedule:

- Essentially, you should be utilizing the pomodoro (or whatever break - work pattern you're choosing to use) within all working aspects of your schedule.
- Let's go back to Alex: Say he was working on his first "Most important task" -- here's how he might use pomodoro to schedule it

8:00 - 11:30 #1 MIT (Biology Presentation)

8:00 - 8:50 Sec. 1 : Molecular Biology intro + def.

8:50 - 9:00 Water Break

9:00 - 9:50 Sec. 2: Proteins, Carbohydrates, and Lipids

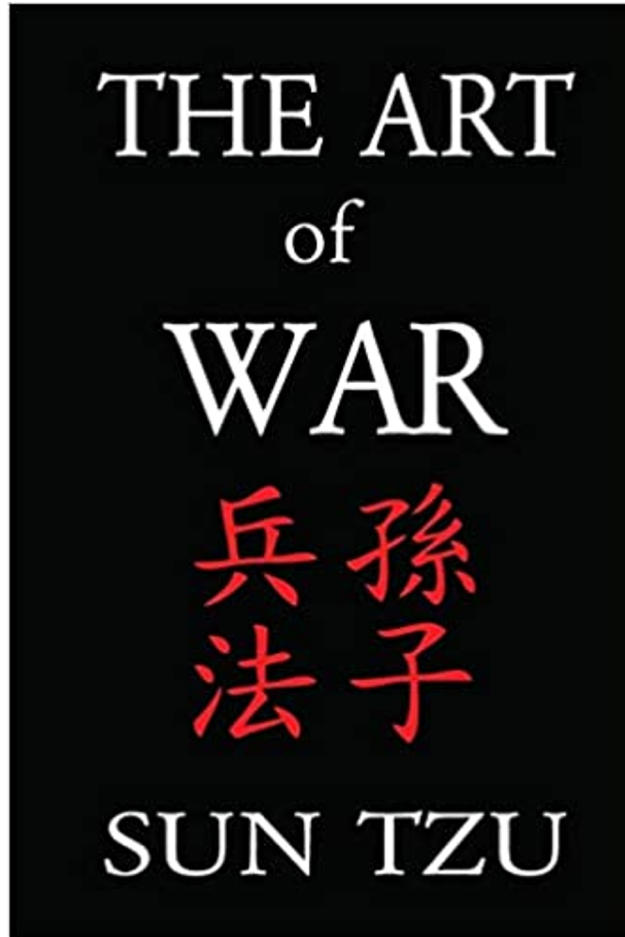
9:50 - 10:00 Break

10:00 - 10:50 Sec. 3: Importance + Concluding observations

10:50 - 11:00 Break

11:00 - 11:25 Final Review and edits, add illust and infographics, turn in.

- Alex's work has become much more manageable because he's split it up into small tasks
- He can work effectively because of the work/break pattern.

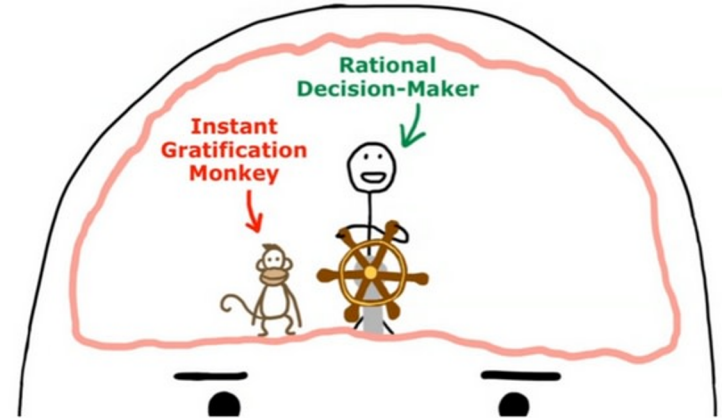


Declaring War:

(On procrastination)

Why War?

- If we, hypothetically, split your mind into two modes, it would look something like this: (“Inside the Mind of a Master Procrastinator, Tim Urban”)
 - RDM: Your rational mind that wants to be successful
 - IGM: Your procrastination machine
- At times, you have to **declare war/trick** the procrastination monkey in order to stay focused with your decisions.



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How to Win the War:

- **Careful and attentive planning:**

- MIT(Most Important Task): Highlighting certain tasks redirects the monkey on a fixed path, making it harder to succumb to the Dark Playground
- Breaking up the task:

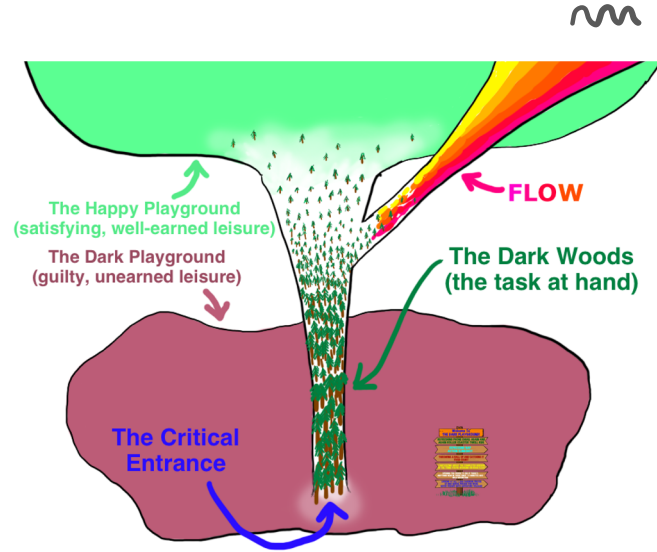
- Eliminating Distractions:

- This reduces the monkey's chances of escaping

- Summarizing your workdays (**Mindfulness/ Self Awareness**)

- "Did I finish?" y/n
- " The excuses I made throughout the day, which made me unable to complete my work were" ("I'll work after dinner when i'm full, etc)
- This helps you understand the monkey's strategy

- Understand why you procrastinate



Additional Notes: Eisenhower Matrix

The Procrastinator's Matrix

	URGENT	NOT URGENT
IMPORTANT	Q1 DO WHEN IT GOES FROM URGENT TO APPALLINGLY DIRE	Q2 DELEGATE TO FUTURE YOU
NOT IMPORTANT	Q3 DO WHEN Q1 IS URGENT	Q4 DO NOW (and maybe also just do forever)

waitbutwhy.com

The Eisenhower Matrix

	URGENT	NOT URGENT
IMPORTANT	Q1 DO NOW	Q2 DECIDE WHEN TO DO IT
NOT IMPORTANT	Q3 DELEGATE IT AWAY	Q4 DELETE IT

waitbutwhy.com

Key Ideas: Productivity

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Plan out your daily and long-term tasks.



Plan effectively and be self aware in order to avoid procrastination



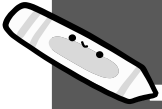
Work in small focused bursts.



Eliminate distractions, either for short or long term.



Persistence



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Myth: I have to be motivated to persist

- Do you practice the basics because it's fun and you feel like it, or because you just *have to do it*?
- **Something that most people don't realize is that they don't have to be "in the mood" to do something**
 - The next time you want to not do something because you're not in the mood, stop yourself.
 - (Of course the brain is tricky, so you will likely have to return to the war strategies discussed in the previous section, productivity.)
- This applies to all aspects of life: Your emotions shouldn't always be in control.



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A Tangent On Angela Duckworth:



- Angela Duckworth
 - Wrote "Grit: The power of Passion and Perseverance," a New York Times Bestseller.
 - Winner of the MacArthur Fellowship ("Genius Grant")
 - Why are we telling you so much about her? That's because she knows a lot about persistence and perseverance.

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A Tangent On Angela Duckworth:

- Uses a grit scale -- a scale measuring a person's passion and persistence -- as a major determiner of how successful a person will be later in life. Here's a [Link](#):
- What is the Grit Scale?
 - 5 point scale measuring people's passion & persistence when working towards long term goals.
 - [For More Info On Grit](#)

Some qualities of Grit:

1. **Diligence:** (Or, the ability to carefully persist; self control.)
2. **Consistency:** (Staying/doing the same thing)

Diligence + tips and tricks

- **Ego Depletion:**

- This means that you should focus on certain tasks -- stretching yourself too thin, or multitasking -- is a big no-no.
- Do it right the first time
- Carrot and stick method
 - Have a reward waiting for you
- Know that you can ask for help
 - If you are having a lot of trouble with your task/goal, there's nothing wrong with asking for help
 - Others can help you reach your goal or hold you accountable for them
 - Humans are meant to depend on one another :)



TL; DR: Diligence is honed by a combination of scheduled, effective, and focused work.

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Consistency

- Consistency essentially dictates that “Slow and steady wins the race.”
- This means that:
 - Those who work on something consistently though in shorter bursts > those who start something and work on it a lot, but burn out quickly.
- Consistency is hard to do, since it literally *goes against human nature* (People’s brains are wired to think in the short term). But there are ways to attain consistency in our lives
 1. Maintain a ritual or routine
 2. Write goals and make a schedule

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Yo-yo Ma: A case Study

- At a first glance, Yo-yo Ma appears to be nothing but a bundle of talent. But there were definitely other things going on there...
- Credits: [Yo-Yo Ma - Cello, Facts & Family - Biography](#)



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Yo-Yo Ma: A case Study

- Background:
 - Mother was a singer, Father was a violinist and Professor of music → **clearly, he was getting outside help**
 - “In the beginning, it was his father who would train both Ma and his older sister, Yeou-Cheng, in the classics. His sister was taught the violin and piano, **often waking up at 4 or 5 a.m. to practice**...Ma was beginning to receive the same treatment. **Having begun violin lessons when he was a toddler, Ma began playing the cello when he was just 4 years old.**”
 - Ma attributes his early success to his father's teaching style and rigor.

- **Takeaway:** This demonstrates the potency of diligence and consistency -- with these two qualities, we can become extraordinary!

Key Ideas:

P&P = Diligence + Consistency:

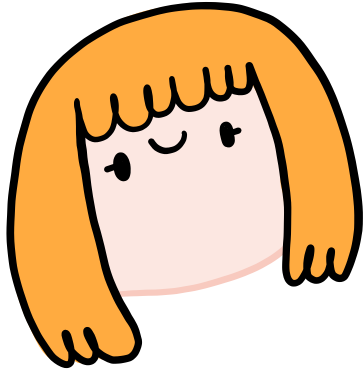
Diligence and Consistency are key qualities of Perseverance and prove essential to success

Talent is mostly persistence:

Seemingly genius people put in a lot of work behind the scenes.

“Be like a duck. Calm on the surface, but always paddling like the dickens beneath.” - Michael Caine

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Additional Takeaways:



1. You do things for yourself.
2. Find trustworthy people to rely on. (Network and build connections)
3. You can do most things in life as long as you want to
- 4. Practice isn't made equal**

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Conclusion

How should we move on with this information? Well, for starters:

- Look at the key ideas and try to apply them to our daily lives (Do some thinking, but also look @ examples.)
 - Passion: Learning to be passionate by working hard and finding interests to develop.
 - Productivity:
 - Persistence: Working consistency and diligently will get you far in your goals and school career.



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More about Us:

- If you would like to find out more about our company, Diyi Holdings, visit our website here! <https://diyiboston.com/>
- Did you feel that this information or these teachers were helpful?
- Do you have any feedback for us?
 - <https://forms.gle/vqvJ9tMj5PNxzS6MA>

More about Us:


- Sign up for the Middle School/High School Prep Course: (Athena, Mimi, Caleb)

What we're offering:

1. Advice on school selection
2. Personal interview advice
3. A mock interview with feedback from Private High School students (Exeter, Andover, etc.) with experience.
4. Essay Feedback for one set of application essays.
5. Essay Tips -- essay strategy, editing & revising,
6. "Behind the scenes" of the application process.
7. Resume writing (Standing out)
8. Post - Application Guidance
9. A chance to consult with students from top private high schools (Exeter, Andover, etc.) with experience.










Contact Us:

- 
- Joanna Liu
 - joannaliu47@gmail.com
 - Mimi Zhang
 - mimi02420@gmail.com
 - Caleb Hu
 - calebhu2323@gmail.com
 - Athena Wang
 - athena.j.wang@gmail.com





Q & A:

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- Questions, Questions, so many questions...
 - Feel free to ask questions about the slides or High School Prep/The Interview
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