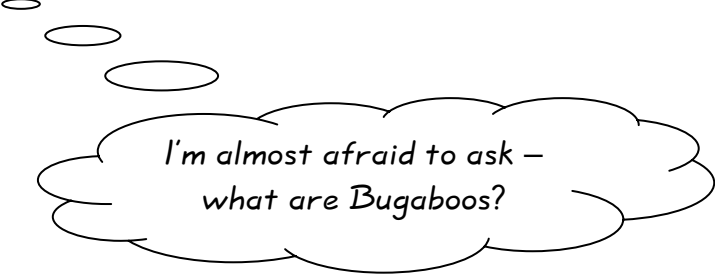
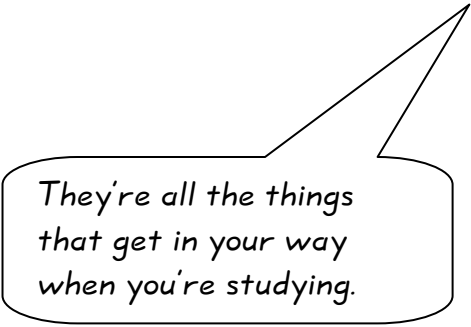


# BUGABOOS



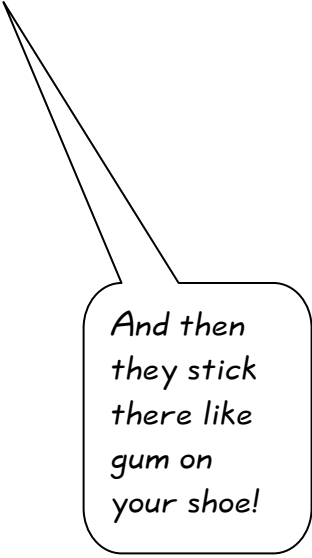
*I'm almost afraid to ask –  
what are Bugaboos?*



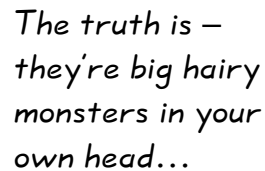
*They're all the things  
that get in your way  
when you're studying.*



*That's  
**TOTALLY**  
disgusting!*



*And then  
they stick  
there like  
gum on  
your shoe!*



*The truth is –  
they're big hairy  
monsters in your  
own head...*

# BUGABOOS

raise their ugly heads whenever something negative is said to or about you and you believe it.

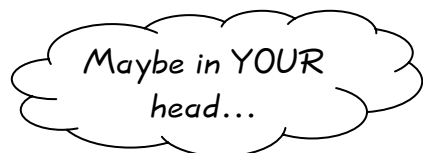
- ▶ By definition, they're *negative*.
- ▶ They *slow down your brain* (especially the creative part).
- ▶ They *hide* by passing themselves off as common knowledge.

## THE TRUTH YOU NEED TO RECOGNIZE

You probably don't even realize you have

# BUGABOOS

in your head!



## The I-forgot **BUGABOO**

- ▶ **Your brain is capable** of storing billions of bits of information.
  - ▶ It takes time and effort, but **regular brain exercise** will increase your memory power.

## The Studying-is-boring **BUGABOO**

- ▶ Studying isn't the problem. The problem lies with your **attitude**.
  - ▶ **SMART** people look for ways to **apply 'boring' information** to subjects or activities that more naturally interest them.

*For example, many 'boring' historical facts have modern equivalents – compare attitudes toward freed slaves and today's illegal immigrants...*

Use **Self SMARTS**.

## **HOT TIP**

***Good grades don't happen to people who plan to be (or insist on being) bored.***

## *The I-don't-understand-it's-too-confusing* **BUGABOO**

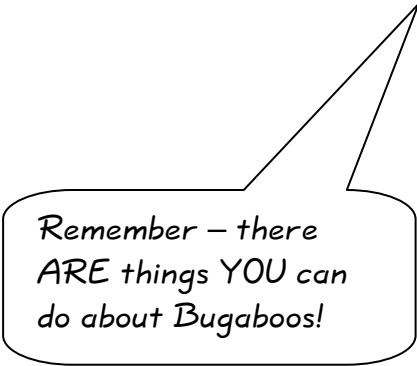
► **Confusion is not a terminal disease.**

- Being confused today (and maybe yesterday and last week, too) doesn't necessarily mean you'll be confused forever. Ask your teacher or friends for help. Get a tutor. In other words, **do something.**

## *The My-paper-is-covered-with-red-ink* **BUGABOO**

► Your teacher is **trying to tell you** something.

- **Read the comments.** Discuss them with your teacher if you don't understand. See if you can **use them** to improve the next assignment. Use **Word** and **People SMARTS**.

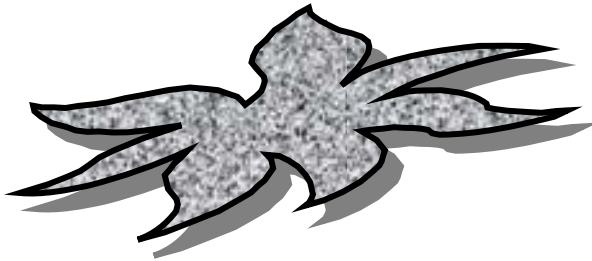


*Remember – there  
ARE things YOU can  
do about Bugaboos!*

Two rival **BUGABOOS** lay claim to being the *biggest* and *baddest*.

One is –

The **BUGABOO** *Worry-Wart\**



\*There's worry, and there's **WORRY**. *Worrywarts WORRY*.

*Worrywarts WORRY* about something that *might* happen in the future (failing an exam, not finishing a paper on time).

Or about something that is actually happening at the moment, but about which nothing can really be done (being stuck in traffic).

Or even about what's already done and finished (a poor presentation, homework not completed). Conscientious worrywarts often even worry about all the time they spend worrying! They're in a constant state of anxiety and dread.

## **HOT TIP**

*The more you worry, the larger the worries become.*