

10 Tips for Successful Summer Camp

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1. Clarify Your Goals

"If you don't know where you are going, you might wind up someplace else." -- Yogi Berra

- Nothing can be fulfilled without having clear goals
- Having goals helps your finding the right direction
- So, what to do?
 - 1. State all (possible) goals; more is better
 - 2. Prioritize those goals, and choose the most important three

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2. Motivate Yourself

"Try not to become a man of success, but rather try to become a man of value." -- Albert Einstein

- Constantly having motivation is crucial for success
- Also, understanding your (sometimes implicit) motivation is important
- So, what to do?
 - 1. State all reasons why you want to achieve goals
 - 2. Imagine how you would feel when you succeeded/failed

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3. Trust Yourself

"The two important things I did learn were that you are as powerful and strong as you allow yourself to be, and that the most difficult part of any endeavor is taking the first step, making the first decision." -- Robyn Davidson

- You are the most right person to appreciate your talent
- 99% of your brain has been waiting to be used
- So, what to do?
 - 1. List your past achievements (as much as possible)
 - 2. List and examine all reasons for your feeling insecure

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4. Keep Challenging

"The men who try to do something and fall are infinitely better than those who try to do nothing and succeed." -- Lloyd Jones

- Exponential function grows much faster than linear one
- You would be bored for repeating the same thing more than 20,000 times
- So, what to do?
 - 1. Keep in mind to do anything 5% harder/better than before
 - 2. Tell others what are you going to challenge

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5. Do Your Best

"The stars are constantly shining, but often we do not see them until the dark hours." -- Earl Riney

- Talent never defeats effort (c.f. "The Hare and the Tortoise")
- Halfway effort is sometimes same with doing nothing
- So, what to do?
 - 1. Start everyday with reminding you of your goals
 - 2. Reward yourself after your considerable effort

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6. Break Intentionally

"Success is that old ABC -- ability, breaks, and courage." -- Charles Luckman

- Your productivity is lowered without taking the rest
- Lack of concentration is the sign for a break
- So, what to do?
 - 1. Schedule your ON and OFF time before starting
 - 2. Stop your work when you feel get tired or boarded

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7. Teach Yourself

"The aim of education should be to teach us rather how to think, than what to think--rather to improve our minds, so as to enable us to think for ourselves, than to load the memory with thoughts of other men." -- Bill Beattie

- Teaching yourself is as 100 times efficient as being taught by someone
- No need to ask someone for help since you have enormous amount of information at your hand
- So, what to do?
 - 1. Learn techniques for finding the solution
 - 2. Read as many books as you can

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8. Build Friendship

"The best way to cheer yourself up is to try to cheer somebody else up." -- Mark Twain

- Your life would be tasteless without having good friends/colleagues
- Teaching each other yields good friendship, and vice versa
- So, what to do?
 - 1. Talk to your friends and colleagues
 - 2. Accept his/her faults; no one is free from faults

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9. Evaluate Your Achievement

"Don't judge each day by the harvest you reap but by the seeds that you plant." -- Robert Louis Stephenson

- A closed-loop control has much better properties than a open-loop control
- You can gradually improve your plan based on previous results
- So, what to do?
 - 1. Summarize your goals, trials and achievements
 - 2. Analyze the result and reflect to your future plan

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10. Enjoy Your Life

"Happiness is a journey, not a destination. Happiness is to be found along the way, not at the end. For then the journey is over and it is too late. The time for happiness is today, not tomorrow." --- Joseph Smith Jr.

- Only you can determine whether your life is (or, will be) happy or not
- You learn much more effectively and enjoyable when you feel interested
- So, what to do?
 - 1. Enjoy everything

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Conclusion

- Practice these 10 tips during this summer camp
 - 1. Clarify Your Goals
 - 2. Motivate Yourself
 - 3. Trust Yourself
 - 4. Keep Challenging
 - 5. Do Your Best
 - 6. Break Intentionally
 - 7. Teach Yourself
 - 8. Build Friendship
 - 9. Evaluate Your Achievement
 - 10. Enjoy Your Life

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