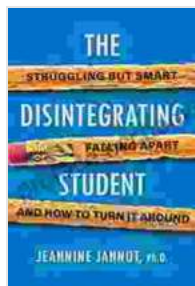


# Struggling But Smart: Overcoming Adversity and Achieving Success



## The Disintegrating Student: Struggling but Smart, Falling Apart, and How to Turn It Around by Nicholas Bjorn

★★★★☆ 4.6 out of 5

Language	: English
File size	: 652 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 202 pages
Lending	: Enabled



**Are you a bright student who is struggling in school?** Do you feel like you're not living up to your potential? If so, you're not alone. Many students who are intelligent struggle with academic challenges. But there is hope. With the right strategies, you can overcome these challenges and achieve academic success.

In her book, *Struggling But Smart*, Dr. Susan Davis provides a practical guide for students who are struggling with academic challenges despite their intelligence. The book offers strategies for:

- Overcoming learning difficulties
- Building confidence
- Improving study skills

- Getting help from teachers and parents
- And more

If you're a student who is struggling in school, *Struggling But Smart* can help you turn things around. The book provides practical advice that can help you overcome your challenges and achieve academic success.

### **What causes students to struggle in school?**

There are many reasons why students who are intelligent may struggle in school. Some of the most common causes include:

- Learning disabilities
- ADHD
- Anxiety
- Depression
- Lack of motivation
- Poor study skills
- Bad teaching

If you're struggling in school, it's important to try to determine what the cause is. Once you know the cause, you can start to develop strategies for overcoming it.

### **How to overcome academic challenges**

If you're struggling in school, there are many things you can do to overcome your challenges. Here are a few tips:

- **Get help from a teacher or tutor.** If you're struggling with a particular subject, ask your teacher or a tutor for help. They can provide you with extra support and guidance.
- **Join a study group.** Studying with other students can help you learn the material better and stay motivated.
- **Break down large tasks into smaller ones.** If you have a big project or assignment, break it down into smaller, more manageable tasks. This will make it seem less daunting.
- **Set realistic goals.** Don't try to do too much at once. Set realistic goals for yourself and work towards them one step at a time.
- **Don't give up.** If you're struggling, don't give up. Keep working hard and eventually you will achieve your goals.

## **The importance of self-confidence**

Self-confidence is essential for academic success. When you believe in yourself, you're more likely to take risks, try new things, and persevere in the face of challenges. If you're struggling with self-confidence, there are a few things you can do to improve it:

- **Set realistic goals and achieve them.** When you achieve your goals, it builds your confidence and makes you believe that you can do anything you set your mind to.
- **Surround yourself with positive people.** The people you spend time with have a big impact on your self-confidence. Surround yourself with positive people who believe in you and support your goals.

- **Be kind to yourself.** Don't beat yourself up over your mistakes. Everyone makes mistakes. Instead, focus on your strengths and accomplishments.

## **The role of parents and teachers**

Parents and teachers play a vital role in helping students who are struggling in school. Here are a few things that parents and teachers can do to help:

- **Provide support and encouragement.** Let students know that you believe in them and that you're there to support them. Encourage them to try new things and take risks.
- **Help students develop good study habits.** Teach students how to study effectively and how to manage their time. Help them create a study schedule and stick to it.
- **Get help from outside sources.** If you're struggling to help your child, don't hesitate to get help from outside sources. There are many resources available to help students who are struggling in school.

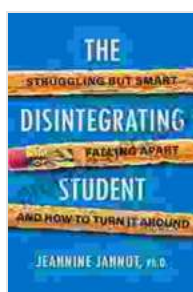
If you're a student who is struggling in school, don't give up. With the right strategies, you can overcome your challenges and achieve academic success. Remember, you're not alone. Many students who are intelligent struggle with academic challenges. But there is hope. With the right strategies, you can turn things around and achieve your goals.

*Struggling But Smart* provides a practical guide for students who are struggling with academic challenges despite their intelligence. The book

offers strategies for overcoming learning difficulties, building confidence, improving study skills, getting help from teachers and parents, and more.

If you're a student who is struggling in school, I encourage you to read *Struggling But Smart*. The book can help you turn things around and achieve academic success.

Free Download your copy of *Struggling But Smart* today!



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