

Love to Students

You can improve your habits all by yourself, and you don't have to be a genius to do it. Throughout my years of teaching I've seen one simple truth demonstrated again and again.

That's it. Forget all the arguments about who's intelligent, who isn't, what intelligence is, how (or if) it can be measured, and so on. It doesn't matter who you are: if you have good habits, you do better. And if you have poor habits, you do worse.

**How do habits form?
Only Repetition.**

The most important task of a student, especially between ages 12 and 17, is to acquire and practice good habits until those habits become automatic.

**Habits form
through repetition.**

You can develop good habits, and you can break any bad ones you may already have. You don't need any secret powers or special talents. You

just need a little information. The rest is a simple matter of desire, determination, and help from parents, teachers, friends and school.

If you have a learning disability, you face extra challenges, but you can still improve your habits and your work.

- **Bad habits form more easily, because they require less effort, but life will be difficult.**
- **Good habits form more practice because they require more efforts but life will be easier, more pleasant and more successful.**

Many students struggle with learning disabilities that have not been diagnosed. They don't understand why they keep having problems, and they often blame themselves. "I'm stupid," they think, or "I'm just no good in school." Some have great difficulty in spelling, and no matter how much they try, they keep making errors. Or they have trouble in reading because they don't see the words clearly, or they keep reversing the correct order of letters and numbers. The mistakes they make don't seem to follow any pattern, because even if, for example, they learn to spell a particular word, they continue to misspell it. Or they misspell it sometimes but not all the time.

Today we know that there are many ways to learn, and we know that brilliant, talented people can also have learning disabilities. We also know a good deal about how to overcome or work around a learning disability so that these students can succeed in school and go on to higher education and meaningful life if they wish to.

31 Involve