



UpgrAde Your GrAdes
with SethPerler.com

The Dip, What to do about it

The Pattern

Strong start → The Dip → Swim upstream → Hail Mary → Get help →
Amnesia → Rinse and repeat

19 Dip tips:

1. Understand the point is *not to not* dip, but to improve each semester.
2. The worst thing to do is nothing, so do anything.
3. Let people help you and ask for help.
4. Rewatch old lessons.
5. Redo foundations assessment.
6. Do another overhaul, reset, clean slate to make sure you cover the details.
7. Email teachers, see them, don't be afraid, people often wait until it's too late.
8. Don't believe everything you think, it's just a thought, you have a choice. Reframe it as something positive. Opportunity to grow, challenge, and build a better future by building skills. Look at it as an experiment.
9. Block off large blocks of time to *focus* without distraction.
10. Do your work.
11. Do your best then a bit better, 1%.
12. Do not wait until the last minute to study, read, write, etc. 1%.
13. Take better notes, 1%.
14. Prepare for class, 1%.
15. Use planner well, 1%.

16. Do the daily plan, 1%.
17. SNO, Sunday Night Overhaul.
18. Tell me how it's going! Email me a note at seth@sethperler.com.
19. *This is no joke*. Believe in yourself, the world needs you, your solutions, your unique brain, your unique problem-solving. Do it for *you*.

