



ACADEMIC GAMEPLAN INSPIRED STUDENTS SERIES

Attitude

Terminology

Training

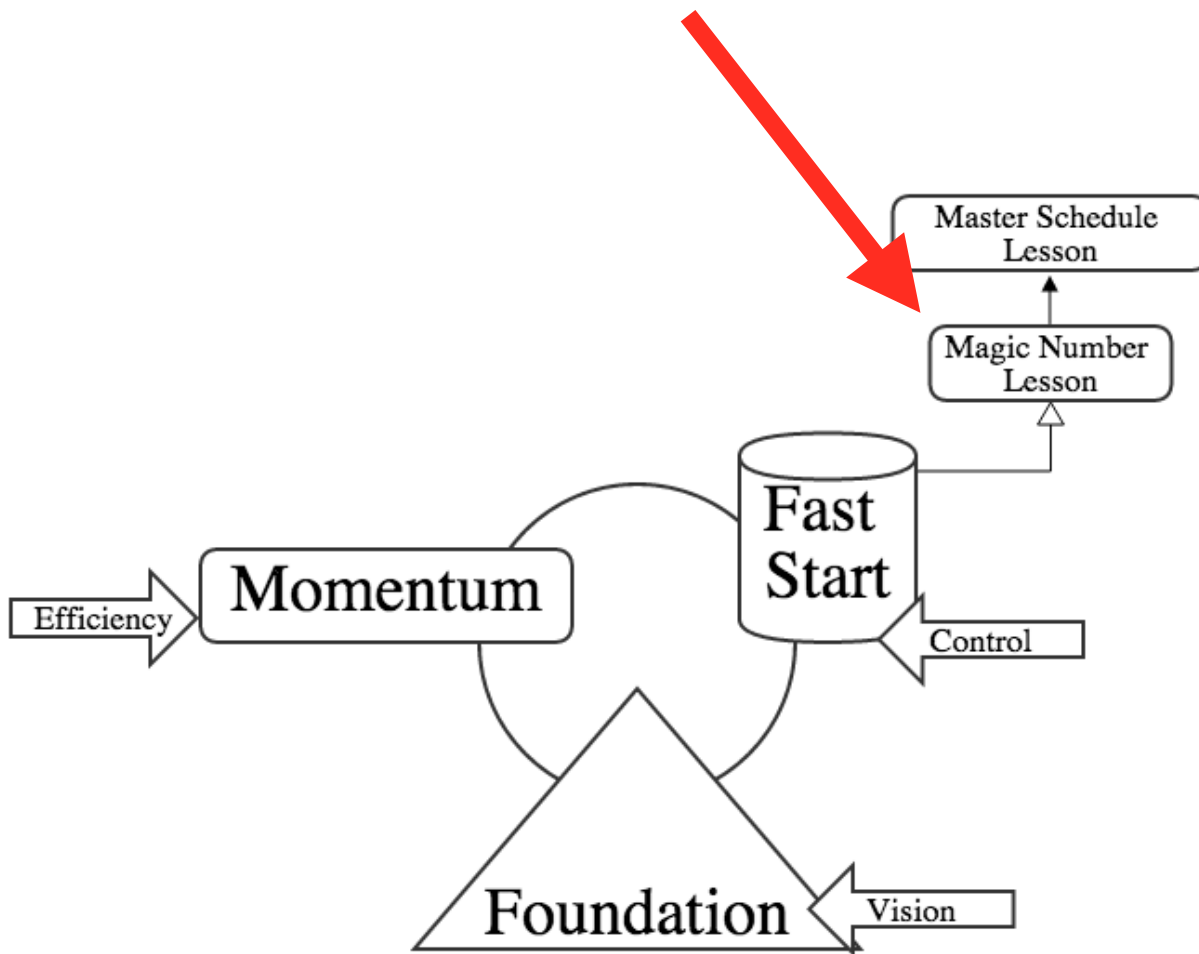
Tools

Technique

Time

Teamwork

# YOU ARE HERE



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<http://academicgameplan.com>



## ABOUT ACADEMIC GAMEPLAN

[AcademicGameplan.com](http://AcademicGameplan.com) is a community where parents, teachers, coaches, students, and athletes come to get techniques, tools and ideas to:

**Inspire competitive excellence** (prepare & perform) in all areas of life by connecting people to the big picture of education. We create ALIGNMENT through useful outcomes that repurpose a tired system with true purpose and meaning that lasts.

NOTE: If you are new to AGP, you can visit our website for free and instant access to our most popular articles and case studies on the subject that interests you most.

If you like what you see, you can subscribe to get more videos, podcasts, and articles from 30 year college football Coach John Baxter and former NFL Player Clint Stitser.



**John**  
23 hrs

Before AGP my son had no structure and no understanding. He wasn't even close. Now that he has gone through Coach's program, he knows exactly where he is in every class and he is getting better everyday. He is literally a different kid now!

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**Julie Vogt**  
19 hrs

Coach's techniques resonate with the highest achievers who seem to get A's without ever cracking a book to the students who never seem to be able to get above a "C", no matter how long or hard they study...He supports every student in reaching their individual maximum potential.

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## The Magic Number

Dear Student, Parent, and or Mentor,

It's something we have all lead ourselves to believe at some point or another:

“There just isn't enough time in the day!”

OR

“I don't have enough time!”

While you have undoubtedly felt that way at some point or another, there are ways to gain control back, and one of them, in fact the very first step, is to understand The Magic Number.

In this lesson Coach not only provides you with the Magic Number, but he also evaluates its impact on both High School and College students.

We believe that embracing the Magic Number and its place in your life is a huge step in improving the way you manage your responsibilities. Not only now, but for the rest of your life.

So go ahead, press play on the video, follow along using the handout herein, and enjoy!

Rock and Roll!

Clint Stitser  
Coordinator Of Student Outreach  
Academic Gameplan

# The Magic Number

*“Determine never to be idle. No person will ever have the occasion to complain of the want of time who never loses any. It is wonderful how much may be done, if we are always doing. And that you may always be doing good, my dear, is the ardent prayer of yours affectionately.”*

—A letter from Thomas Jefferson to his daughter



For a Typical High School Student	For a Typical College Student
<b>168 Hours in a week</b>	<b>168 Hours in a week</b>
- _____ ( ___ ) Hours of sleep per night?	- _____ ( ___ ) Hours of sleep per night?
= _____	= _____
- _____ ( ___ ) Hours of school per week (Full Semester Load)	- _____ ( ___ ) Hours of school per week (Full Semester Load)
= _____	= _____
- _____ ( ___ ) Hours of sport, activity or work per week?	- _____ ( ___ ) Hours of sport, activity or work per week?
= _____	= _____
- _____ ( ___ ) Hours of “FOCUSED” school work per week?	- _____ ( ___ ) Hours of “FOCUSED” school work per week?
= _____	= _____
<b>Unused free hours in a week</b>	<b>Unused free hours in a week</b>

**Notes / Observations** \_\_\_\_\_

## The Biggest Lie:

“ \_\_\_\_\_ ”

**We tend to over estimate:** \_\_\_\_\_

**We tend to under estimate:** \_\_\_\_\_

**ALL HUGE SUCCESS:** \_\_\_\_\_

As people, we are all created equal. The difference between successful and unsuccessful people is how they use the MAGIC NUMBER.



**Rule #32** ...You will find the time when the task becomes important enough to you.