



# Launch Points

Turning test prep success into college and career success



## The Secret to Success -- *Just Be Like Mike*

For too long, people have said if you want to be successful, choose a goal that will make a difference and pursue it relentlessly. Eventually, pursuit of that goal will bring you success.

The problem is for everyone who has achieved lofty goals they never thought possible, there are equally as many who have put everything into making something happen only to be disappointed.

Some don't achieve goals after making tremendous progress. In their disappointment, they abandon the habits that would have led to other achievements that were never imagined. Others who have achieved their goal end up disappointed that the rewards didn't match their sacrifices. Rather than focus on a singular goal, we recommend these four steps:

**1. Ask what you want to do.** Be a professional basketball player? Become a doctor? Become an outstanding teacher? Define an aspiration. It's a starting point on a path that may take you somewhere you never imagined and that's OK. You don't have to have everything figured out by eighth grade or even your senior year of high school.

**2. Next, identify someone who has achieved your outcome** or is capable of achieving that outcome. To illustrate this approach, we'll choose Michael Jordan. Among one of the greatest basketball players of all time. You may want to choose someone you are more familiar with as well. Friends, parents or teachers are great choices because you are so familiar with their habits and routines. They don't have to be famous. The closer to you, the easier it is to follow the remaining steps.

**3. Reflect upon the capabilities that define the person you chose.** Don't practice basketball, be a basketball player. When Michael Jordan was cut from his high school basketball team, he didn't set a goal of playing in the NBA. He was focused on practicing hard everyday, playing up to the level of his competition and never viewing his last game as the final game. He became

## Atlantic Cape SAT Prep's Newsletter

Our team at AC SAT Prep is always impressed by the progress our students make when armed with good test-taking strategies and a strong routine. Many who follow our program, make progress, get accepted into a college and wonder what is next?

This newsletter is an effort to show students what can come next. Through *Launch Points*, you get short articles looking at the best books, latest research and methods for making students successful. We do the reading for you so you can focus on actually being successful.

Supporting our students doesn't stop with a good SAT score. We want anyone who enrolls in our program to view AC SAT Prep as a go to resource for planning your future with excitement and confidence. You can see more *Launch Point* articles at: [www.acsatprep.org](http://www.acsatprep.org).

## Atlantic Cape SAT Prep Services

**Class Sessions:** Cover the math, reading and writing sections of the SAT. Taught by two teachers. One is a math expert. The other a reading/writing expert. Involves three, two-hour class sessions the three weeks prior to an SAT. As part of the tuition fee, all students get a copy of the *College Board's The Official SAT*

a basketball player. Dribbling, passing, shooting and most important of all playing defense were what Jordan practiced every day. He was able to isolate each individual component of the game and set out to master each one.

Jordan used his strengths to outplay the competition. Overtime, Jordan's strengths expanded. His outstanding defensive play was complemented by improved ball handling that allowed to him to drive to the basket better. His quick first step made defenders play off him more which allowed him to improve his shooting abilities.

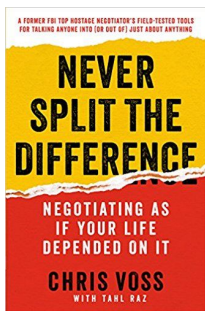
**4. Make a successful person's habits your own habits.** Jordan's long-term view enabled a cycle of improvement that brought him from being unable to make his high school basketball team to among one of the greatest players of all time. It was his ability to evolve over time that made him so great. As defenders caught up to Jordan in one area, he had mastered another area.

Runner? Swimmer? Scholar? Soldier? Whatever it is that you want to become, consider the habits that will make you successful in that area and become who you want to be. The little things that you can do everyday that make doing the big things easier are what will bring you lasting success. Once you have the routine in place, you have begun a journey on a path to success that may take you places you never imagined. Don't let any single goal limit the direction or the heights of your success.

This month's article is based on James Clear's book *Atomic Habits* (2018).

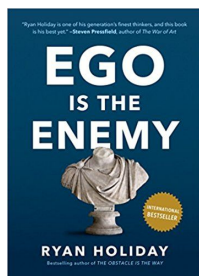
## Recommended Reading

At its heart, the SAT is a critical thinking test. One proven way to improve critical thinking skills is to make time to read books that explore society, human interaction and other universal themes. To help improve a student's critical thinking skills over the long term, we recommend reading books that capture people's attention and penetrate many facets of our society. Here are two to consider:



### Chris Voss's *Never Split the Difference*

A fascinating look at how the FBI's top crisis negotiator mastered his trade and learned how to apply his skills to everyday life with inspiring success. Explores how to connect with anyone in meaningful ways and find agreement in even the most unagreeable of circumstances.



### Ryan Holiday's *Ego is the Enemy*

Holiday explores how too often we allow expectations of others to drive our actions. When this happens, disappointment usually follows. Through historical accounts, literary themes and personal experience, Holiday suggests an alternative pathway to success that is both gratifying and rewarding.

*Study Guide*, 2018 Edition. Atlantic County class sessions happen at Mainland Regional High School in Linwood, NJ. Cape May County Sessions to be announced.

-- Class session fee is \$300 (early registration discount is \$270).

### Individual and Small Group

**Tutoring:** Individual and small group tutoring (no more than four students) is available by request. Students can focus on math or reading/writing exclusively in this format. To schedule additional tutoring services, please email [acsatprep@gmail.com](mailto:acsatprep@gmail.com).

-- Individual tutoring is \$100.00 per hour. Small group (no more than four students) \$150.00 per hour.

### College Application Essay Writing

**Support:** Students preparing essays for college applications can meet with an instructor for three, hour-long sessions that cover essay planning and organization during the first session, research during the second session and revision and final drafting during the last session.

-- Essay writing support is \$200.00.

### Contact Us

Instructors are best reached via email at [acsatprep@gmail.com](mailto:acsatprep@gmail.com). Questions regarding payment, registration or program details will be answered promptly through email or by phone at 609-827-0679.

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