

# My 5 Requirements on Studying | How to be a Self-disciplined Student ?

## Ken's Study Journey Audio Article Script (English)

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<https://www.kenstudyjourney.com/strict-requirements/>


### Note




You can report English pronunciation errors in this audio by sending me an email to [ken@kenstudyjourney.com](mailto:ken@kenstudyjourney.com)






I am a Chinese student, so my English pronunciation may be wrong. Please excuse. This is because I didn't study well in the past, but I overtook others quickly in recent years.





Your email should include the exact time of the error, words/sentences with errors and audio with the correct pronunciation.

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Hey guys! This is Ken's Study Journey audio article . My 5 Requirements on Studying | How to be a Self-disciplined Student.

I am Ken, a Chinese A Level student. Welcome abroad  Ken's Study Journey study pathway  and train , being **productive**, **diligent**, and **active**.






I have made some strict requirements  to motivate me  to study  actively, including achieving 90% of daily goals . I have also become a student union inspector .




Making requirements  and being self-disciplined  are crucial  for students because they can create motivation  to study actively.

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[\(Becoming a Student Union Member\) \[do not read aloud this title\]](#)

Before sharing my requirements, let's talk about becoming a student union member.

In AS Level grade, I have been elected  by and entered  my school's student union , acting as an inspector  of disciplines .

This is the result  of being a self-disciplined student . It is also the first time  for having such a position.

In the Students Union Speech, I said:

In fact, I didn't study well ❌ in the past, but I have realised ✅ that studying and following rules 📄 are crucial ✨ for every single student and overtaken 📈<sup>TOP</sup> my classmates in Grade 9.

I always turn off the lights 💡 in the dormitory and compel 📢 my roommates to sleep 🛌 when the time is up at 22:30 🕒 although teachers do not come.

I also warn ⚠️ my roommates who talk loudly 🗣️ after sleeping time and even report 🚩 to my homeroom teacher when necessary to make sure I have good productivity ✨ on the second day.

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### 1. Always Follow the Rules

We are all surrounded by rules 📄 and laws.

For example, schools have disciplines 📄, websites 🖥️ and apps 📱 have Terms of Service (ToS) 📄, Acceptable Use Policy (AUP) ✅ and/or Community Guidelines (CG) 👤👤.

Following rules ✅ is not just for dealing with inspection 🔍, but also making the environment ☁️ and atmosphere 🌬️ better ✨.

For example, the rule has no effect ❌ if a student plays games 🎮 and then switches apps 🔄 immediately when an inspector 👤, usually teacher or parent, comes.

I always wear a seat belt 🛑 in cars 🚗 and actively scan health codes 📄 whether this place has inspectors 👤.

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### 2. Recall 50% of Main Idea

We may lose 🗑️ some content 📄 while reading books 📖, listening to lectures 🎧 and audio 🎧, watching videos and vlogs 🎬, and having lessons 🎓.

This may be caused by not ❌ listening carefully, being distracted 🤔, or lacking interest 💡 to the content.

I always recall 🤔 the main idea after listening 🎧 or reading 📖, depending on the difficulty 🤔 of the content.

To ensure I intake most content in a material 📄 or lesson 🎓, I need to recall at least 50% of the main idea, or I will need to listen, read or watch again 🔄.

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### 3. Less than 20% Mistakes

Students may make mistakes ⚠️ while writing articles 📝 or finishing homework/projects 📦, which should be reduced ⬇️ as possible.

So I limited 🚧 this to 20% for each project. This does not ❌ include errors other than carelessness.

This applies ✅ to both my projects/homework 📦 and public resources like website 🖥️, articles 📄, vlogs 🎥.

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#### 4. 90% Goals Achievement Rate

As one of my study strategies 🔧 since 2020 🕒 in junior high school 🏫, I have been setting ⚙️ and checking ✅ daily goals 🏆.

With my Study Planner app 📅 and Daily Goals Checklist ✅, I can immediately know 🤔 my daily goals achievement rate 📊 at any time.

So, I let myself keep the achievement rate greater 📈 than 90% 100 (refer to my Planner system 📁).

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#### 5. Form Great Habits

In the past few years, I was suffering 😞 from forgetting 😞 everything to do and even my habits due to my heavy burden 📚.

But habits are unforgettable 🔧. Forming great habits can boost my productivity 💡.

Although I cannot ❌ remember all habits, I can form them by drawing 🖍️ and sticking 📌 some posters 🖼️ and reminder cards 📅.

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These are my requirements as a student 🧑. Hope you can be a self-disciplined student too and get outstanding results 100.

Thanks for listening and following my study journey! You can share and recommend this article to your friends and classmates if you wish.

If you want to learn more about my study tips and get some useful resources, please go to my website [kenstudyjourney.com](https://kenstudyjourney.com) (Ken Study Journey dot com). You can also subscribe to my email newsletter on my website.

See you in the next article. Bye!