

SUCCESS CASE STUDY (by Liam Martin)

Scott: So I'm really excited because I have Liam Martin on the line right now. He's someone who I admire. He's a student success coach, he runs his own company not in addition to being an educator he's also successful graduate student. And his company sent him around, giving student tools they need to become 4.0GPA student and the interesting thing to me is Liam came to me because he stumble to part the holistic learning and I actually approve his learning habits and his someone who already has a lot of experience and so. Hi Liam how it's going, its' been a good day. So how do you run the program?

Liam: Hey Scott, how are you?

Scott: I'm doing well. I'm doing well. So maybe you can explain a little bit about maybe how you came to me and your experiences with holistic learning

Liam: Ok well, as you probably know and maybe some of your listeners know, I run a blog, VTAMETHOD.com/blog and I run a tutoring company that helps undergraduate student specifically but we also expanded to high school students becomes successful in high school and university. So where my background really started is, I'd say about 7 years ago, I was probably, exactly where a lot of your students are right now. So I was a student, I ended up studying around 3 or 4 hours a day you know first year of university studying 3 to 4 hours a day and I was still getting Bs and Cs in university, And I was looking at the good student and you know those "good students" that are always seem to study half an hour or 20 minutes before the actual exam and seems to pull up A's. I was looking at these people and thinking. Well I'm not any smarter than these guys, why are they sitting around, you know studying around 20 minutes before the exam and getting an A+ on the exam and I'm sitting here studying for 3 to 4 hours every day and picking up B's. So after my first year I decided, I was going to apply myself to changing my learning style and really starting to revolutionize the way that I learned and after a summer of studying, exactly what the good students were doing ok. I was able to study around half an hour per day and I usually get A and A+ to all my courses. Actually my last year in the university, I got all A+'s. It was awesome. And I went on to graduate school where I continue to study learning methods and base on my research from graduate school, I started a tutoring company and program called the VTA method where I started tutoring undergraduate student in study mythologists.

That was 8 months ago and today I trained graduate tutors in all the main disciplines and have a rapidly expanding company. Now I actually talked to you, I had a mutual friend of ours I think it was Cali Newport who suggested that I take a look at your product. So I went to your site, took a look at your product. Thought it was amazing, emailed you, you know we were talking, and then got myself a copy of the book. Read it through and now I integrated that as one of the main philosophy that I used in my learning styles.

Scott: So I think your story is really good examples because I can talk a lot about people who naturally learn well, and how you can sort of marble techniques but you really are success stories, your someone who went from even average student to given excellencies. Now I think one of the

things that you mention, you said that holistic learning is now really is become a big part of your philosophy now well maybe you could explain how did it sort integrate with your life

Liam: Ok as an example, well, like my job right now because I'm starting now I'm getting my point now with my company where I can start to achieve my true dream which is I simply experiment with different learning styles and try to figure out how to learn things faster and easier than I did before. That's my dream job actually is just being able to more or less to be a graduate student full time for the rest of my life, and hopefully I get there pretty soon but so what I usually do is I sit down and I look through content. So you know I read a book or I go to a course and you'll sit down with a bunch of teachers and sort of pick their brains. I'm a sociologist by training so I really try to get in on learning. I tried to interview people. I tried to understand what the core of their learning styles is and then see what they were doing, see what they're doing correctly and then integrated that into my methodology. So for me I came upon holistic learning and I definitely, I saw it as a program particularly the way that it creates networks in your mind ok and I think you talk about actually, I remember talking to you about the pile of bricks versus the wall of bricks compared on and yeah for me one of the biggest component, the way that holistic learning is incredibly useful for me is to be able to create that network of ideas in my mind and I would say that your particular book is unique and your program as well the holistic learning as the concept is unique in the sense that it's the best way to describe that concept and a lot of other books have tried to touch on that but I'd say that yours does the best job of understanding that particular concept that if you have interwoven ideas in your mind, you in essence to create an entire system of backups for knowledge so an example take the internet as the perfect example, you know web. If you cut one connection and your just studying, let's say you're studying a piece of content, let's say you are studying for an exam and you know you're just going through, I don't know, a whole bunch of mathematical formula or something like that and you just study this formulas in a divided way so you study formula A memorize formula B, you memorize from C, you memorize it - that is incredibly long and difficult process. However If you look for the connection in between on all of those formula and you start to understand them not just on the level of the formula but at the deeper level you connect them with your life you provide examples you create a true network together. That's what when you can see real amazing result in your learning methodology.

I like your concept the learn it once compare on and that's really sort of what I've been using integrate into my learning steps and I've been training my tutors in those methods as well so that I can help my students to achieve 4.0GPA as well.

Scott: Exactly I think we have trade a conversation about this and you talk about a specific example which this is only a few weeks after you first started practicing and learning about holistic basically was you used it to help A's a final exam in order to get your French fluency designation Maybe you could explain a little bit about this because I thought it is a fantastic story about the process

Liam: yeah! So when I read your book I was going to be taking a French Exam, for another project that I was doing actually for the Canadian Government and in Canada you have to speak both official languages if you wanted to work for the government. So when I read your book I decided to apply holistic learning to this French test, to more or less I'm getting a, I need a B level French so

there's A is the lowest and then goes B and C with an exemption which means I never have to take the test again you are absolutely awesome. So started the project and I used to learn it once philosophy and I was able to get an exemption in 2 of the 3 categories in French.

Ok. And this was only I think 4 to 5 weeks that I used your method and I sort of what I would do is I got a core wordless and I got a viscera which is a French Cramer book and started with working on what the core ideas were behind French, how could I connect them with other languages, ok that is really important as well. I started talking with French people; I started interacting in the content. I started just creating those network in my mind, you know I can't really go in to the full description of exactly what I did because I'm sure a lot of you guys already know the holistic learning program right now but it was absolutely amazing. I probably could have got a pretty high mark anyways but the real key that this brought; holistic learning that is was the ease of understanding, which was the important point for me. It was so easy for me to walk in there and have the confidence that I knew everything and that if I was brought towards a word that I really did understand or you know towards a question that I didn't really understand. I just used the network that I created in my mind to actually put, to actually figure out that information or sorry figured out that question in real time as suppose to just being lost and not really understanding the questioning.

Scott: I just want to bring out a point because you mention in your conversation the example of which is the pile of bricks and the wall of bricks which is a lot of people that read the books. That is something that I used in the book to make example another holistic approach and holistic learning approach put that not holistic approach is just put on the information there and it's that just a pile and then if one of the bricks is missing, you really have no idea which one is gone, but if you need to get her into a wall of bricks and that's thru making a connection having things inter relay and if something's missing you have a mechanism to figure out what was there and that is something that I used a lot of time figures things you used example of these something in French and that's often something's I've used similarly infection and you study it for longer than I've had but you have a word we don't quite understand well if you work hard on making it more holistic, we have all these other words kind of connected with it normal sort of feel what is the meaning of some of the time.

Liam : Absolutely, that's exactly it I mean you can, it creates. I don't want to see to create an educated guess. What if it really does a is it creates a way for you to take the pieces that you know for sure and build upon it and understand where that network exist so as an example. Let say, I'm try to think of a French word that I could take a concept. Let's take another concept actually. Let's just take a phrase, a certain phrase that I would read and I would look at it and say to myself "ok I don't really understand what the heck this is saying, But then you look at the phase, and you say to yourself, ok what do I understand in this phrase so I know masse, I know, you know long say, I know a few of these essential words and I know the grammatical component. I'm looking at a few of these grammatical components and I understand that this is fetal safe instead of passive compose so you look at it and you say to yourself, a ok now we got that based line and usually and where holistic learning and regular learning with part ways is that the regular learning would say ok I understand some of these concepts but I don't understand the whole thing but holistic learning would take the other direction and say ok I understand the few of these concepts. Now let's go into the network within my mind. Let see how future sampler and the word masse and word long say

are connected and let's see how I can use the network that I've created around those words and grammatical terminologies to create or to get the answer that I need and it work wonders. Because again I got exempted out of 2 to 3 at definition or 2 to 3 test for this government exam. Then it only 4 weeks as well

Scott: was that the ethic that court you bring up about being able to find the missing pieces is important, is important that is probably that is smallest advantage what really matter is that you have this holistic learning in place often you didn't even think about what's missing because incredibly "get it" and not thru the business between people who have memorizes formulas, memorize facts, figures, definition people learn holistically and is it holistic learners it's more even a feeling rather than just, rather than just trying to rigidity what we learn so and I've talked this about the generality of holistic learning maybe you can get some specific topic you used to learn holistically and also the other tactics that you suggest when you last experience a coaching other students what if you found

Liam : ok what I would say, I mean I use your program in conjunction with for instance Cal Newport stuffs and Walter Fox stuffs to optimize my philosophy of learning. So if you learn nothing else today, ok for the people that are listening, know that you have to have a strong learning methodology before like the secret tips and tricks about education and learning will really work for you. Again you know I've, this is one of the big question that I always get from my student and I find it frustrating is that before they actually sit down with a student, first start to talk with them, they purchase the program, they purchase the tutoring. I sit down with them and I ask them a few questions. They'll start to ask me question like, ok so how do I get an A's on this exam or how do I get A on this paper or you know how can I do this tomorrow, this such of things, and I keep telling them that this is not, it's more, it's not necessarily more difficult than that but it's a lot more delicate. I supposed you could say than that. You have to understand first that you have to build of good base so like I encourage them to for instance read the few first chapter of my book or if they're gone to the entire book and they want more information I'll direct them to either Cal's stuff or your stuff to really get a strong learning philosophy in their minds. So you know creating networks, creating ideas in your mind to be able to say ok when you sit down and you have this test and you have a multiple choice test and you're going thru all these questions, what you are creating what kind of, what kind of a network are bringing with you to that test. It's very important to be able to get that general philosophy down before the actual little tips and tricks works. Now with regards to tips and tricks I got a thousand of them and you know if you want to learn about tips and tricks, I have got the hanging and I'm sure that you know, Scott you've got tons of them as well but the important thing is that I would say learn the philosophy, learn the philosophy of holistic learning first and you know this is one of the big advantages with having your learning on steroid program is that with this program you'll going to be able to learn philosophy from Scott and then at the same time you're also going to be able to stay accountable which is another really important point that you know I really wanted to drive home from everyone it is that you can read tons of books but if you haven't, if you don't stay accountable and accountable I mean staying accountable to yourself or by having someone there to keep you accountable the vast majority of students failed. Ok and I don't want to scare you but here but yeah the mass majority of student failed. Lots of study book that tons of students come to me and they've already read a couple of study book and they say well

you know, the study books I mean they generally most basic study books create equal and if you sit down and you say to yourself so Johnny you read book a, book c what you implemented well I was tired to do this, I was tired to do that. I was tired to you know I kind of started it for the first 2 weeks and then didn't get really interesting or you know I got tired of it and I didn't want to do it anymore and I say Johnny you know you really need to be staying accountably and you stay accountable to yourself and that's the beauty of the system is that you actually be able to stay accountable and I know that Scott you got a lot of stuff planned for your students here that you know I got a lot of little bit sneak peak much a doing here and it's really quite amazing but a, yeah so for me I would really say the little tips and tricks I mean you going to learn those. Those are going to come. And those I'm sure you knew, you got plenty of them, there are plenty of them available on blog, there many of them available everywhere, but what you really have to concentrate on right now if your beginning this program is the philosophy of holistic learning and starting to program your mind.

I would say it took me around 4 to 5 weeks before I really started to see some infinitive results from using your method just sort of reworking in my mind going over things again and again and again. And just learning them and not just learn content over and over again but creating the actual networks in my mind so connecting ideas together, connecting webs, connecting concepts together, interrelating them. Connecting them to various stuff. You know I remember once, I was sitting down with my grammar book with my French exam and connecting them to different pieces of fruits I tried that and you know kind of work actually. I know you talked about that but that's not the main thing of philosophy of holistic learning but anyways, get the philosophy down first, built a strong based, don't build you house on sand, built it on something stable so that then you can quickly and easily implement the little tips and tricks that would come easier that would just sky rocket your success

Scott: Exactly, I think one of the things you brought up is the difference between getting ideas, assumption of ideas and actually implementing them and you make it good point of being accountable and I don't see a different point that I don't think that most students are too lazy, I know a lot students are very hard working it's just not very affectionate, very effective actually, so they don't get really get good monitoring so they don't learned things from what they want to learn I think the difference is that typical invitation can it be a bit of a challenge because you have this idea but even talking about this and this course is philosophy of holistic learning. Hardly actually make that practical that's really it would have been were trying to do with this program is to really break it down to really practical hands on something you can touch on real kind of stage and because it's not a something that handing you would do it yourself but something you going to be working together as a group. I think the chances that you actually successful implementing it is a lot higher.

Liam : Absolutely you will see huge, I mean the reality is that if you pick up a study book. And if you pick it up from chapters if you pick it up you from you know from one of our websites something like that. Usually only around 5% of the people that actually pick up that content use it effectively in their lives, which is a real shame because there's a ton of useful content there and again you know as I completely agree with you, students are very busy, they are some of the hardest working people

I know. However here's the key that I actually asked a lot of students this question. This is the very first question that I asked them when I meet them and is based on the concept, sociological concept of the first time which more or less is to a sociologist use is to understand the mind set of different individuals. Kind like of all the age how would you like to walk a day with his shoes. So I asked them these questions so I say what or ask them what do you think it would be like to live the life of a very successful students, you know a student who just automatically succeed at whatever they're doing academically. And if you ever thought about that and the majority of responses that I've got is no I never really thought about that and when you really started to think about it I've done the research, I've interviewed a hundred of students on this subject, a successful students. You realize that they actually don't study anymore than you do. They actually probably study less than you do and they get much better marks than you do. And it's not that because they more intelligent, although some of them are more intelligent and it's not because you know they have more money, they have personal tutors or anything like that, the reason why they were able to succeed more than the regular student is because they have a plan, they have a set plan that they set in their mind and they know from beginning to end their complete line of success, they know if I put in x amount of time at this particular time of day everyday through the semester and I ended up in the end I know beyond the shadow of the doubt that I going to get an A or an A+. I was talking to a woman recently who was trying to take, who took her LSAT. And she scored, I think 179 or one of them it's a ridiculously high LSAT scores which is an LSAT is like the lawyers AST. AST that you need to get into a law school and she actually, she use the methods between, she used a lot of my study method and she used a couple of people study method but her primary, the way that she really succeeded is she took the test over about 15 times, the practice test. And around test, I think it was test 5 or 6, she was getting someone good marks. You know she would get, sometimes she would get a really good mark on the LSAT. Sometimes she get social mark on the outside but then when she got off on test 10 or 15 range she started to get full on 95% on each one of these test. That was the point that really started to switch for her and she was also achieving. She was riding this test you know most time she was able to quickly and easily achieve the test every single time. Because she had trained her mind properly, she went and she takes a look on the content and she started to learn how to write that test effectively. She figured out the core ideas behind what she needed to do to get an A+ on that test, and you know sometimes it's ok but you have to look on the content and sometimes to have to learn how to write the test properly. So she learned how to write the test properly and one of the highest marks that you can achieve in law school, and now she has her pick of whichever law school she wants in the world. So, those kinds of concepts you really have to take into heart and really start to focusing and say to yourself, "what's my plan, how am I going to implement it, where are the points along the way that, what are the barriers along the way that I have overcome, ok and the great things is that with Scott's program. You will be able to do that, step by step by step, because you are going to have someone there that's going to stay accountable with you and actually help you along the way. So if you have a question you know how do I overcome this barrier? Scott or someone else in the program, in the community actually be able to help you that directly

Scott: Great, great! And so I think you got a lot of great advice. Maybe if you could summarize it for us how was holistic learning impact your life? And what rapid learning techniques you advocate, what's your thought?

Liam : Ok so for me, holistic learning number 1, great program. I like it so much that I've taught some of my tutors holistic learning ok which I think is probably the top sort compliment that I can give you regards to this program. I've integrated it into my learning styles, I used holistic learning with a lot of you know, test taking, when I helped out students. I've integrate those concepts to try to create networks in your mind. Realistically, just too great program and I'm excited to see how everyone else does in this program. I know that the amount of people that you have on this program now is pretty exclusive but hopefully in the future you will be able to expand upon it and a I'm really interested actually to see how this works because this is the first time you'll be implementing or you know Scott will be implementing a complete holistic learning, more or less accountability program and to see, I'm really excited to see the successes that students are actually going to get from this program and you know maybe I'll take a look on this program and implement some of the things into my business as well. But yeah so it's a great program and I hope that everyone is really successful with it.

Scott: Well thank you, thank you for doing the interview

Liam : Hey no problem at all