



College Playbook

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HOW TO ACE COLLEGE LIFE:
PRINCIPLES, PRIORITIES & PRACTICAL TOOLS

Table of Contents

1. Who do you want to be?
2. Setting YOUR Values and Standards
3. Planning and Preparing
4. Learning How to Study
5. Learning How to Learn
6. Getting Involved
7. N.E.W.S. For Your Physical Health
8. Curiosity Does **Not** Kill The Cat
9. Becoming a Better Person
10. What To Watch Out For
11. Advice From My Mentors
 - o Venture Capitalist
 - o Physical Therapist
 - o Elementary School Teacher
 - o Former Division Director of FDA
 - o Medical Student
 - o YouTuber
 - o Researcher / College Professor
 - o Engineer
 - o Executive Officer of a Tech Startup
 - o Assistant Dean of Medical School
 - o Financial Advisor

Final Letter to You

1. Who do you want to be?

Well, there it is... the question to end all questions. Who do YOU want to be? College, of course, gives you an opportunity to reinvent yourself. But, don't forget, it also gives you an opportunity to lose yourself. Thus, this becomes a very, very important question. Who do you want to be? And, no, not, What do you want to do? ["I want to be an astronaut!", "I want to be a firefighter!", "I want to be a basketball player!".] Rather, who do you want to be?

The essence of being has been debated since the dawn of time. What does it mean to be? What is our purpose? Why are we here? All these questions have been asked by philosophers time and time again, and each and every time we ask them, we seem to come away with more questions than answers. Instead, let's look at a much more personal question: Who am I, within the context of my current surroundings, and within the context of my dreams and aspirations?

So now that we have made this question more specific, we can attempt to answer it to the best of our abilities. First, from my own perspective, I believe life is all about learning—and college is a perfect environment in which to learn. We learn about ourselves on a surface level as we interact with knowledge and other people (What do we want to do? What do we like? What do we dislike?). We learn about ourselves on a deeper level (What are our

values? What are our standards? What are our beliefs?). And we learn about how we want to live out our lives (What are our dreams? What are our goals? What are we passionate about? What do we love?). Once we become aware of these questions, we can begin to take a look at who we really want to be.

Now I am not saying by any stretch of the imagination that you can answer any of these questions right now, or for that matter, any time soon. These are just the questions you should start thinking about. These are the questions you need to ask when you look in the mirror. And now that I have you thinking about it, it's time to start breaking it down...

Activity

One of the best ways to invest in building your future self is by deconstructing your present self. This reflection functions as a deep journaling session that requires significant introspection. We are going to 1) analyze where you are, and who you are today; 2) determine what changes you want to make; 3) what are your goals for the future, and finally 4) predict the future - what's your ultimate fun and crazy life.

One rule when filling this out: NO PERFECTIONISM ALLOWED

1. Analyzing where you are, and who you are today

There are four core pillars that work together to keep your mind and body healthy. Let's first analyze how you are doing with each pillar.

Pillar	Question	Answers	Status (1-10)
Sleep	1. How many hours/night	1.	
Nutrition	1. How many calories/day 2. How many desserts/week 3. How many meals do you eat/day 4. Do you do intermittent fasting	1. 2. 3. 4.	
Activity	1. How much do you exercise/week	1.	
Stress	1. Do you feel anxious every day 2. Do you feel lethargic / lack purpose 3. How would you rate your stress (1 being low- 10 being high)	1. 2. 3.	

Which pillars have a firm foundation (i.e. ranked high)?

Which pillars have a weaker foundation (i.e. ranked low)?

What activities are energizing you?

What activities are draining your energy?

What relationships give you genuine pleasure?

What relationships are toxic?

What is surprising you right now? Are there any situations that were unexpected, did you experience an uncommon emotion recently, or did you see someone you don't normally see?

Are your current habits aligned with your goals?

A. Yes

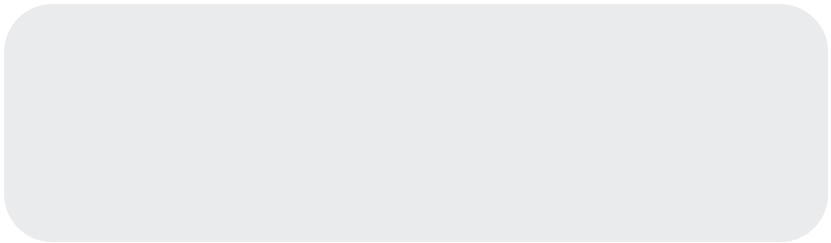
B. No

2. Changes to Make

This is a natural outflow of your reflections on the present.

Review the responses to what is draining your energy, what relationships are toxic, and what habits are leading you away from your goals.

What changes do these responses suggest you need to make in your life today? Start small and try to change one thing.



For every 1 degree a plane veers off course, it misses its target destination by 1 mile for every 60 miles flown. The lesson: Tiny deviations from the optimal course are amplified by time—off by a little now means off by a lot in 5 years.

✂ The ability to adjust in real-time is critical.

3. Goals for the Future

The goals section of the letter is my favorite part of the process. It requires you to zoom in and out in a way that is very clear.

The key topics to cover related to goals:

What are your big picture, ambitious long-term goals (to complete within the next 5 years)?

- 1.
- 2.
- 3.

For goal #1, what are your short and medium-term goals that will set the appropriate trajectory?

My long term goal is _____. To do this, my goal within the next year is _____. My goal within the next month is _____. And my goal this week is _____.

For goal #2, what are your short and medium-term goals that will set the appropriate trajectory?

My long term goal is _____. To do this, my goal within the next year is _____. My goal within the next month is _____. And my goal this week is _____.

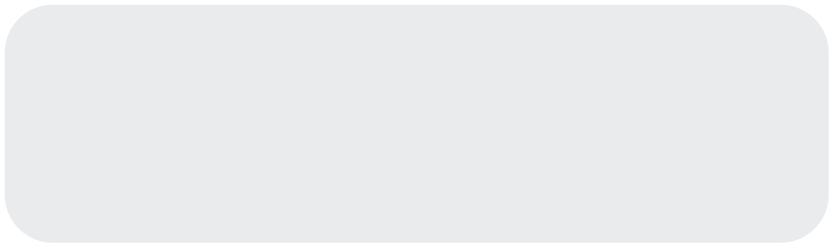
For goal #3, what are your short and medium-term goals that will set the appropriate trajectory?

My long term goal is _____. To do this, my goal within the next year is _____. My goal within the next month is _____. And my goal this week is _____.

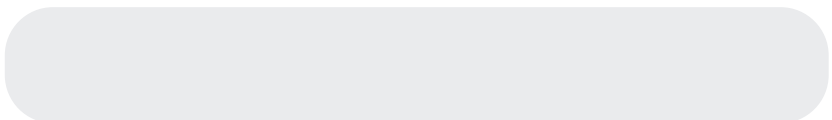
Why are you trying to achieve these three goals?

1. I want to
2. I want to
3. I want to

What does winning the next 4 years look like (dream big!)



What new habits or systems would be necessary to achieve these goals (reading, writing, exercising, meditating, investing, learning, waking up early, etc)?



4. Fun & Crazy Predications



What are your crazy predictions for what the future will look like when you graduate (Draw it out - visualize this for yourself)? You're writing to your future self, so this is the chance to have some fun. These predictions tend to be pretty funny—and wrong!—when you read them in 4 years.

A large, empty, light gray rounded rectangular box occupies the lower half of the page. It is intended for the student to draw or write their crazy predictions for the future.

If You Want to Learn More



Awareness by Anthony De Mello

The Impact of Identity by Irina Nevzlin

Find Your Why by Simon Sinek



How to Figure Out What You Want to Do With Your Life
by Ali Abdaal

3 Myths About Finding Your Purpose and 3 Ways to Align
With It On Purpose with Jay Shetty podcast

The 4 Steps to Find Yourself The Mindset Mentor