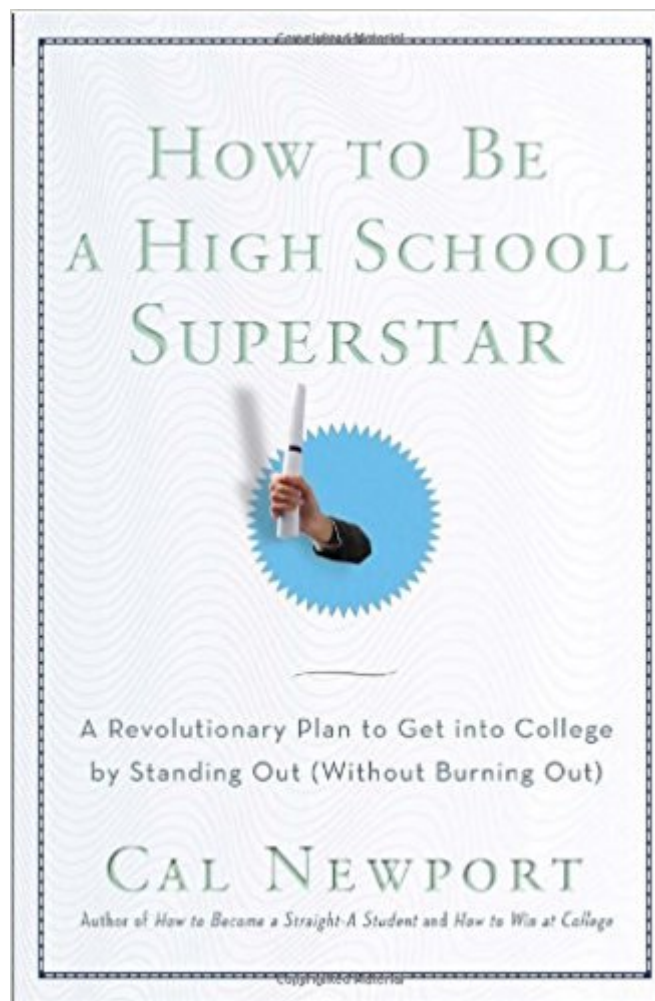


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# How To Be A High School Superstar: A Revolutionary Plan To Get Into College By Standing Out (Without Burning Out)



## Synopsis

Do Less, Live More, Get Accepted—What if getting into your reach schools didn't require four years of excessive A.P.-taking, overwhelming activity schedules, and constant stress? In *How to Be a High School Superstar*, Cal Newport explores the world of relaxed superstars—students who scored spots at the nation's top colleges by leading uncluttered, low stress, and authentic lives. Drawing from extensive interviews and cutting-edge science, Newport explains the surprising truths behind these superstars' mixture of happiness and admissions success, including:

- Why doing less is the foundation for becoming more impressive.
- Why demonstrating passion is meaningless, but being interesting is crucial.
- Why accomplishments that are hard to explain are better than accomplishments that are hard to do.

These insights are accompanied by step-by-step instructions to help any student adopt the relaxed superstar lifestyle—proving that getting into college doesn't have to be a chore to survive, but instead can be the reward for living a genuinely interesting life.

## Book Information

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## Customer Reviews

I picked up this book because I'm a parent and was intrigued by the premise. Little did I realize that the approach described in the book is actually the approach I took (without realizing it) to get into Stanford many years ago and is the same approach my brother took to get into Harvard. I also have a friend who was an application reader at Stanford. There's a remark in particular she made about

the process that jumped out at me. Each reader will read several hundred applications. Most applications are boring. Most seem the same as the next. The readers often get bored by reading 400 applications in a row that all seem, well the SAME. This significant point on this is the applications are STILL boring even if they are all impressive in the SAME WAY. This is a nuance in college admissions that I think is really lost on a lot people who apply. There are two ways to get into a top school: 1) be the smartest / most academically accomplished applicant, 2) be smart enough but really unusual / different in some unconventional way. The Superstar book is the only book I've ever seen on the latter.

I'm fifteen, and attend a college prep K-12 school, where from sixth grade up the focus is college, college, college. I started attending this school for high school only, after attending a more lax charter where the focus was on making a difference in society through charity, not necessarily on competition in academia, in that until high school, I never received grades. My dad got me this book last week. I read the whole thing in one day, and I loved it. My school puts so much pressure on math and physics, and I'm friends with so many people who go to summer school to take more of those classes and who actively enjoy them. Since the start of freshmen year I'd been trying to get better at those subjects because that was what everyone around me perceived as important, but I have very little interest in physics and only a bit more in math. I actively enjoy biology, language arts, social studies, climate science and genetic engineering, but because of the pressures of my school life I didn't focus on them as much as I knew I wanted to. After reading this book, I've felt sort of free to not try and master a subject that I know I would be miserable studying. Instead, I'm turning my attentions back to genetics, biology and climate sciences. Before reading this book, I was stressed out and unhappy. I'm entering sophomore year, and I was planning on doubling up Chemistry and Physics classes during the year so I could gain an edge and stand out on college application forms. Now, though, with the full permission of my father, I probably will not be taking high school physics. Instead, this year I'm signing up for AP Biology. This book is definitely a must-read.

I picked up this book during winter break of junior year, wondering how I was ever going to stand out in college applications. I was stressed out with multiple club responsibilities just like anyone else, multiple APs, Asian parents pressuring me to get at least a 2300 on the SAT. I picked up this book because I read his book on study strategies and I liked his straightforward, concise style. It was lifechanging. Newport basically asks you to quit things that are boring and "don't matter" and instead

focus on a few interests. It was a big risk to take, but Newport asks you to have faith that it will work splendidly to make you an interesting person, instead of an overachieving, boring tryhard. I have him to thank for making my life more authentic, and being admitted to various top-10 universities. The book shows you step-by-step, how various high-schoolers achieved awe-inspiring accomplishments such as creating a health curriculum adopted by multiple states, becoming a tech celebrity, or writing a best-selling book. It rests on the basic idea that impressiveness comes from things that aren't hard to accomplish but are hard to simulate the steps required to get there. Well, this book unlocks the secrets, but leaves just enough guidance to give one the freedom to do one's own thing. In addition, this book also has helpful tips like how to pick your classes, how to study more effectively, how to do well on the SAT's, etc. Buy it and you won't regret it.

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