



How to Be a High School Superstar: A Revolutionary Plan to Get into College by Standing Out (Without Burning Out)

Cal Newport

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How to Be a High School Superstar: A Revolutionary Plan to Get into College by Standing Out (Without Burning Out) Cal Newport 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.

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