

NOTE FROM INTERPERSON, INC. ...

The Student whose TRUSTCard® Testimonial appears here tells his own story with ease and interest. It speaks for itself.

OUR FIRST COMMENT IS AS FOLLOWS ...

THE TRUSTCARD® HAS OVER THE LAST 13 YEARS SINCE ITS CREATION, PROVEN ITSELF OVER AND OVER TO BE ANY STUDENT'S BEST FRIEND.

WHETHER A GRADUATE NURSING CANDIDATE, OR A PRE-LAW COLLEGE STUDENT, A HIGH SCHOOLER WISHING TO COMPETE 100% HONESTLY FOR A SEAT IN THE COLLEGE OF THEIR CHOICE, DOWN TO A TYPICAL GRADE SCHOOLER, AS WELL AS THOSE WITH SPECIAL NEEDS UP AND DOWN THE LINE, IT HAS HELPED THEM ALL TO ACHIEVE AND EXCEL WITHOUT NEED OF POTENTIALLY DANGEROUS DRUGS OF DUBIOUS VALUE IN THE FIRST PLACE. THIS DOES NOT EXCLUDE ANY ADULT ENGAGED IN STUDY FOR THEIR BUSINESS OR PROFESSION. IF YOU KNOW ANYONE CURRENTLY SINCERELY ENGAGED IN LEARNING, AT ANY LEVEL, OR WHO SHOULD BE, PLEASE CONSIDER DOING THEM THE FAVOR OF SHARING THIS ACCOUNT WITH THEM.

THANK YOU. INTERPERSON, INC.

# The TRUSTCard®<sup>1</sup> & Studying in College

For College Students, Parents & Educators  
*Authored By: Pre-Nursing College Student  
Texas 2012-2016*

## PART ONE

"My TRUSTCard® Journey began several years ago, and I remember it like it was yesterday. When I first got The TRUSTCard® from my Dad, a Doctor (who used it when he was still practicing, to calm and help put his Patients at ease), I at first dismissed it like it was no big deal, just another thing to do, just a bunch of math problems... and I wasn't a big fan of math. I remember I was starting to take a big class to transition into what would be my first big shot at fulfilling a requirement for pursuing my desired Career in Healthcare.

I was nervous to say the least. Microbiology<sup>2</sup> was a big class, in fact it was more information, and more complex information, than anything I had ever faced before.

Knowing that, I knew that Microbiology would make or break me for the journey to come, and that it was of the utmost importance that I succeed.

NOTE FROM INTERPERSON, INC. ...

OUR SECOND COMMENT ... THE YOUNG MAN, NOW IN GRADUATE NURSING SCHOOL, WHO SHARED HIS STORY HERE WITH US, IS MODEST. HE LEFT OUT, AS IS HIS NATURE, THE FOLLOWING LIST OF ACCOMPLISHMENTS (TO BE SURE WITH THE AID OF THE TRUSTCARD®). BUT HIS OWN PERSONAL GRIT AND DETERMINATION MAKES THIS LIST ENTIRELY HIS TO OWN:

- \* AFTER NEARLY FLUNKING OUT HE MADE THE DEAN'S LIST HIS LAST 3 SEMESTERS.
- \* HE GRADUATED WITH HONORS.
- \* ON THE NURSING SCHOOL ENTRANCE EXAM, HE SCORED IN THE TOP 1% OF ALL TAKING IT NATIONALLY THAT YEAR, DESPITE A BOUT OF IBS DURING THE 4 HOURS (HE NEVER LEFT THE ROOM)!
- \* SEVERAL NURSING SCHOOLS PURSUED HIM FOR ENROLLMENT IN THEIR PROGRAM
- \* THE SCHOOL HE ATTENDS SAID HE WAS THEIR BEST INCOMING STUDENT EVER
- \* HE DEVELOPED, AT NO CHARGE TO ANYONE, A STUDY COURSE TO HELP THE ENTIRETY OF HIS CLASS "MAKE THE CUT TO CONTINUE" PAST THE TESTING MILESTONES (DOUBLE THE USUAL NUMBER QUALIFIED).
- \* THE NURSING SCHOOL HAS ASKED HIM TO ADDRESS EACH INCOMING CLASS OF STUDENTS WHEN THEY FIRST ARRIVE.

THANK YOU. INTERPERSON, INC.

<sup>1</sup> The TRUSTCard® is Single-Digit Addition, Subtraction and Multiplication Math Equations (without answers), including Patented/Proprietary Directions for use, printed on an 8x3 inch Laminated Card; similar in size and form to a bookmark. Use of The Card prompts a Behavioral Change in response to Stressors (any Person, Event, Experience that causes or provokes Stress). This has been reported by Card Users to change the Brain Chemistry of Stress to the Brain Chemistry of Trust, in very often as little as 30 seconds, rarely longer than 3 minutes, to bring about a noticeable, stable and eventually lasting improvement in Happiness, Mood, Attention, Focus and Behavior. [NOTE: The TRUSTCard® is neither in fact a medical procedure nor intended for use as such. Its use should not be substituted for consultation with a medical professional. It is not intended to treat or cure any disease.]

<sup>2</sup> Def. Microbiology ... the branch of [biology](#) dealing with the structure, function, uses, and modes of existence of microscopic organisms.



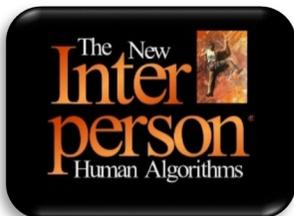
That's where TheTrustCard® came in, and when I tried it out for the first time, I remember thinking that it was not a big deal, maybe there was not much to it, but I was all but desperate (see below) and therefore, I was willing to try anything that could potentially help.

As I progressed through my Microbiology class, my first test approached, and I was very nervous as this was my chance to really make a big splash and do well. That's when I decided to integrate TheTrustCard® into my study routine. Memorizing every little detail and understanding these concepts was not enough, I needed to do more, I needed to Trust myself and unleash my potential. Once I started using TheTrustCard®, I felt more relaxed, at peace, focused, and confident in my ability to succeed. **I used it before studying, during studying, and even after studying.** I even brought the card in to go over it with classmates, and they said it helped them as well.

When the first exam finally came, I was as prepared as I could possibly be. While everyone else was frantically reviewing last second, I decided to pull out my Trust Card®, because I felt like there was nothing more to prepare for, **all I needed to do now was to Trust myself**, and by doing that I would unleash my own potential to succeed. After my first exam, I felt pretty good, and **when I got the results back, I was ecstatic; I had gotten the top score in the class.** To me this was a milestone, because not only was it the first big step in pursuing my career in healthcare, but it was also the first test in one of the hardest classes I had ever taken. To me, that first exam was confirmation of not only my potential, but also confirmation that by trusting myself I could do anything. As the semester went on, **I continued to get the top scores in the class, and I was honored to say the least.** I refined my studying techniques, but I always kept my TrustCard® there to reassure myself, and to reiterate my Trust in myself and my ability to succeed.

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After that semester was over, I continued on to take more requirements, and I conquered them all one by one. I felt like I was finally living up to my potential, and I am thankful for the opportunities I've been presented, and techniques that I've learned, as well as the colleagues that I've had along the way. This journey has also shown me that Trusting myself, and using TheTrustCard®, has played a big role in helping me to unleash my potential as both a human being and a student pursuing his dream.



## PART TWO

### Context

#### **Before TheTrustCard®:**

PRIOR CONTEXT .... Initially, to say the least, I was skeptical about the use of TheTrustCard®, but I soon learned that the idea behind it was founded in solid research, and, so giving it an honest try, began to help me in gaining, keeping, and reinforcing Trust in myself and my ability to succeed. Having taken many biological science classes, I can tell you .... intake and retention are essential to studying effectively.

By the time I “met” TheTrustCard® I was hip deep in science courses (My Goal – Become a Registered Nurse), but **I was losing traction and intuitively I knew I was on my way to flunking out, and realizing that, was taking its toll.**

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Inexplicable.

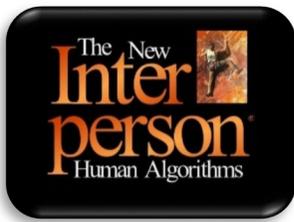
Nothing like this had ever happened to me before, as a Grade School or H.S. student. College was overwhelming me. School never had before. All around me fellow students were resorting to using **Adderall**<sup>i</sup> to try to manage the pressures of College. I didn't want to do that. The list of symptoms related to its (ab)use were a strong deterrent for me [Interperson Note: See Endnote of this document]. Thank God for TheTrustCard® because I'm not sure I could have held my position without it.

#### **Using TheTrustCard® At First:**

During Microbiology I went through great lengths to take good notes in class, as well as format those notes so that **terms** and **key** points within those term definitions were **emphasized** in one way or another (and to also de-emphasize parts of terms that re-state the same thing, add (but not obviously) extra information, or upon reflection don't seem necessary).

Formatting your notes is essential, and also serves as preliminary studying, as you will be intensely reviewing the material in order to determine what is important, and what's not as important.

However, when it comes time to review your formatted notes, it's equally important to be in the right mindset, and to trust in your ability to succeed. Even a



shred of doubt can hinder your success. TheTrustCard® will help you succeed, but the **key is you**, and **your trust in yourself**.

TheTrustCard® is straightforward and simple and can be used at any time you may feel the need for a boost. Start by going over the multiplication or addition and subtraction side, 4 at a time, (pick any you like), 4 right, 4 wrong UNTIL YOU SMILE.

## **While Studying:**

After reviewing a section of my notes, or several large concepts, I often take time to let the material sink in; but TheTrustCard® gives a useful boost to help stimulate the brain, which helped me retain the information I just reviewed. After I finish reviewing notes for the day, I made sure to use TheTrustCard® as directed .... Which included immediately after studying, as well as right before sleeping. I found it essential to get at least eight hours of sleep after reviewing large amounts of material, so that my brain could process that information while I slept. Remember to always reinforce your **trust** in your ability to succeed, as this is the mindset that will help you move forward, regardless of obstacles – and the best way I have found to do that is using TheTrustCard® as directed.

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## **Commitment:**

If you commit yourself to doing whatever it takes, taking good notes in class, formatting those notes, reviewing the formatted notes, and using TheTrustCard®, you can and **will** succeed.

## **Trust:**

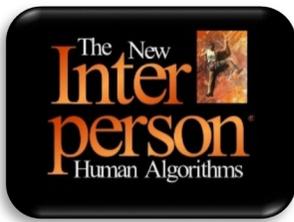
If you trust in yourself and your ability to succeed, TheTrustCard® will help provide a necessary boost to your already solid state of mind; this is the **key** to utilizing TheTrustCard®.

## **Consistency:**

Using TheTrustCard® consistently is essential. Carry a card with you in your pocket, and even go over it with friends; your enthusiasm and confidence will rub off on your peers, and vice versa.

## **Before a Big Test:**

When I'm waiting in the hallway before an exam, I always see people frantically going through notes; but what they don't realize is that they're increasing their level of



stress by doing so. Instead of frantically going through my notes before an exam, I pull out TheTrustCard®. I know I've studied; I know the material; and I trust in my ability to succeed. Now it's time to reinforce that fact and help give myself a much-needed mental boost, rather than an unhealthy dose of stress. **Stress will not only make you doubt yourself, it will make you forget.** If you prepared yourself thoroughly, then the best thing you can do for yourself is reinforce your trust in yourself and your ability to succeed, use TheTrustCard® and go for it! No Shortcuts! Just **Maximum Natural (Non-Pharmaceutical) Alertness, On Demand ... A Student's Best Friend!**"

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<sup>i</sup> Re: **Adderall** ... [SINCE OUR YOUNG AUTHOR MADE REFERENCE TO THE DRUG **ADDERALL**, WE ADD THE INFORMATION BELOW FOR ANY UNFAMILIAR WITH IT...INTERPERSON, INC.]

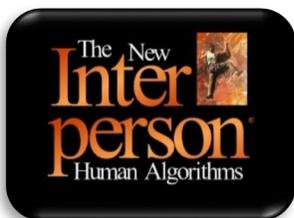
From a [2013 Article](#) in THE DAILY BEAST ... about Adderall .... "A recent [study from Brigham Young University](#) mined over 200,000 tweets from college students, discovering mentions of the prescription drug Adderall peaked near the end of the fall semester—to three times the average rate. The findings support the common knowledge that all-night cram sessions very often begin with a little help from what [High Times](#) calls 'America's Favorite Amphetamine.'"

"Since its initial release in 1996, prescriptions for Adderall have more than tripled. Of course, many students using Adderall never get a prescription at all. And many who do have a prescription faked their symptoms. Just last year, [the demand](#) for the drug—originally meant to treat attention deficit hyperactivity disorder (ADHD) and narcolepsy—was so high that patients were turned away from their local pharmacies and the DEA eventually had to increase the drug makers' annual amphetamine allotment to combat the shortage."

"So, who's using Adderall, and what risks are they running? Here is your crib sheet on the pills so many college kids pop".

### **"1. It's a real drug, but nobody thinks so.**

Adderall and Ritalin are DEA Schedule II substances. This means, they have a 'high potential for abuse,' can 'lead to severe psychological or physical dependence' and are considered 'dangerous' (less than heroin, more than Valium)".



"Despite these warnings and strict regulation by the DEA, only 2 percent of students in a [nationwide study](#) say its use is 'very dangerous.' Eighty-one percent think nonmedical use is 'not dangerous at all' or only 'slightly dangerous.'"

## **"2. It's all over college campuses.**

Two-thirds of college students are offered Adderall and other prescription stimulants by their senior year, and about half of that group (or 31 percent overall) are just saying yes, according to a [2012 study](#) published in the Journal of American College Health". [A more recent study says that number holds today.]

## **"3. Most people still get it from a friend.**

The [2012 study](#) also found that 74 percent of all college nonmedical users get the drugs from a friend with a prescription. But users learn quickly it's easier with their own. The students using stimulants non-medically with a prescription rises from 3.1 percent of freshman to 8.1 percent by senior year."

## **"4. And a prescription is so easy to get.**

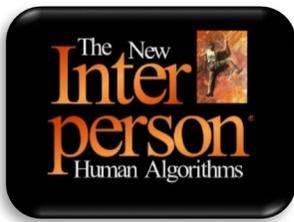
The tests administered to determine ADHD are self-reported checklists and can be easily faked. A 2008 experiment ([PDF](#)) with undergrads taking a psychology course found that up to 93 percent of students were able to game the system and get a positive diagnosis."

"One [experiment from the University of Kentucky](#) found that students could successfully get a false positive diagnosis with just five minutes of Google searching on ADHD symptoms."

"And the neuropsychological tests, in which patients are diagnosed by completing complex tasks, don't fare any better when it comes to weeding out the fakers. In the University of Kentucky study, these more complex tests weren't able to distinguish between people who actually suffer from ADHD and those with no symptoms at all."

## **"5. There is a 'type' of user—he's white, he drinks, and his grades aren't so good.**

There are currently 1.2 million Americans 12 and older using stimulants non-medically, according to the [Substance Abuse and Mental Health Services Administration](#). This hasn't changed significantly in the last decade."



"Several studies like [this one from the University of Michigan](#) find that certain demographic factors are more common in nonprescription users. Users are more often white, male, members of fraternities or sororities, and have lower grade point averages. Students with a history of drug and alcohol use are also more likely to take stimulants for nonmedical reasons. Additionally, users are more likely to go to colleges in the north-east with more competitive admission standards."

### "6. Adderall can be dangerous.

Between 2005 and 2010, [emergency room visits](#) related to ADHD stimulant medications used non-medically **tripled from 5,212 to 15,585 visits**. **In young adults, the number almost quadrupled**. Nearly half of these visits were due to mixing ADHD drugs with other drugs or alcohol."

"In fact, a third of [student users report](#) they take prescription stimulants to 'stay awake to party.' An overwhelming 90 percent of college students who use Adderall non-medically also reported binge drinking, according to [the National Survey on Drug Use and Health](#)."

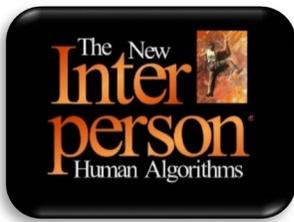
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"The result of all this mixing isn't good. Continuous use of the alcohol/Adderall cocktail can lead to psychological issues such as **paranoia, anxiety, and severe depression**. Physically, it can cause **nausea, vomiting, weight loss, heart palpitations, and headaches**. **Long-time users** can expect **convulsions, arrhythmias, fevers, malnutrition, tremors, and muscle twitching**," according to a report by Indiana doctor Ron Holmes. A [2012 report](#) states, the **sporadic use** of Adderall with alcohol **can cause 'serious cardiovascular adverse effects.'**"

### "7. Kids are starting earlier.

In 2009, 5.4 percent of high school seniors were using Adderall without a prescription. By 2012, it was 7.6 percent. It is in fact, the only drug that saw an increase in use among high schoolers last year, according to a national report for the National Institute on Drug Abuse ([PDF](#))."

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A MORE RECENT  
SOURCE re **Adderall** ...  
... The Yale Tribune ...  
**March 23, 2018 ...**

Common side effects connected to **Adderall** are severely disruptive behaviors, including:

- anxiety
- depression
- paranoia
- agitation
- erratic mood swings
  - tremors
- rapid heart rate, cardiac arrest can occur at high amounts of stimulant drugs
  - suicidal ideas/thinking