

College Success Study Strategies And Skills

Finally... a different type of learning and study skills textbook! This one-of-a-kind text teaches college students how to become more self-directed learners. Students learn about human motivation and learning as they improve their study skills. A framework organized around six components related to academic success--motivation, methods of learning, time management, control of the physical and social environment, and performance--makes it easy for students to understand what they need to do to become more successful in the classroom. Study skills are treated as a serious academic course--theory and research to help learners understand what factors determine or influence successful learning are combined with effective, field-tested exercises, follow-up activities, and appendices that assist students in observing and changing their own behavior. *Motivation and Learning Strategies for College Success: A Self-Management Approach* does not offer "recipes" for success, lists of "quick tips," or fancy design elements. Rather, the focus is on relevant information and carefully designed features to help students to identify the components of academic learning that contribute to high achievement, to master and practice effective learning and study strategies, and then to complete self-management studies whereby they are taught a process for improving their academic behavior. *A model based on the six components students need to control to become successful learners is used to organize the content of the textbook. This organization makes it easier for students to understand what factors determine their academic success and what they need to do to change their behavior. *An overview of important research and theory helps students understand the reasons why they are asked to use different study and learning strategies. Students are more motivated to learn when their study skills course is conducted as a real academic course, not as a remedial experience. *Exercises in each chapter help students observe and evaluate their own learning and study skills, and detailed follow-up activities at the end of each chapter engage students in applying the content to their own academic learning. The purpose of these experiences is to encourage self-observation and evaluation--an important first step in changing behavior. *Beginning in Chapter 3, the first follow-up activity identifies a topic to include in a self-management study. The appendices provide information on how to conduct such a study, along with three examples of self-management studies conducted by students. *Student Reflections sections in each chapter allow students to read about the experiences of others students as they attempt to change their behavior and become more successful in college. *Reviews of specific procedures for using each learning strategy are provided at the end of each chapter. This aid is particularly useful for students when they need a quick review of how to implement a given strategy. *Key Points at the end of each chapter highlight the important ideas. *A Glossary of key terms is provided; key terms are presented in bold the first time they appear in the text. *A separate Instructor's Manual includes lecture notes, exercises, and test questions. In addition, it provides information to help students develop a motivation and learning strategies portfolio and conduct a self-management study to improve their learning and study skills.

The author of the best-selling *What the Best College Teachers Do* is back with humane, doable, and inspiring help for students who want to get the most out of their education.

The first thing they should do? Think beyond the transcript. Use these four years to cultivate habits of thought that enable learning, growth, and adaptation throughout life. **FOCUS ON COMMUNITY COLLEGE SUCCESS**, 4th Edition, speaks directly to community college students, delivering strategies for navigating the unique challenges of juggling school, family, work, and living/studying at home. Updated with the most current research, this forward-thinking text continues to strive to improve student retention, motivation, and engagement, as well as offer proof of student progress and course efficacy through the Entrance and Exit Interviews. The fourth edition includes expanded coverage on resilience, with strategies for assessing and building resilience. A revised section on the importance of group work gives students the tools they need to successfully collaborate. Now available with MindTap, a fully online, highly personalized learning experience built upon **FOCUS ON COMMUNITY COLLEGE SUCCESS**. MindTap combines learning tools—readings, multimedia, activities, and assessments—into a singular Learning Path that guides students through their course. Staley, a leader in the field of motivation, helps students develop realistic expectations of what it takes to learn while encouraging and engaging them with direct applications and immediate results. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

The text is designed for use in study skills or strategies courses in which instructors want a strong focus on helping students become active, independent learners. Active Learning is unique because it teaches students about how their characteristics as a learner, their knowledge of the task, the materials to be learned, and their strategies for learning interact to influence academic success in college. Text topics include: motivation, time management, finding and using campus resources, dealing with professors, active learning strategies, test taking strategies, and rehearsal strategies. It takes a hands-on approach to learning new strategies for academic success. Each chapter contains a Research into Practice section, which translates studying and learning research into practices that will benefit the college student. Scenarios in each chapter present students with situations they can identify with and asks them to recognize and solve study problems. Students have ample opportunity for self-evaluation, critical thinking, and practice.

College Learning Strategies teaches the skills and strategies that will enable readers to become life-long learners capable of knowing how to approach new and difficult material in college and beyond. The skills taught in this book will serve readers well in the future in a variety of learning situations. College Learning Strategies is designed to engage readers in thought about their own learning and the important role they play in the learning process. Because effective learning is a complex process, the authors have based the book on the idea that there are four key factors that must interact for learning to occur: 1. The characteristics of the learner (motivation, interest, beliefs, etc); 2. The tasks that readers are asked to do (both the level of thinking required and type of assessment); 3. The strategies that readers must use (previewing, annotation, mapping, etc); and 4. The characteristics of the books with which readers interact (textbooks, lecture, internet, and other sources of information). For those interested in developing their study skills.

Using proven methods of studying, learning, and reading, Student Success in Medical School delivers the practical, real-world information you need to optimize your learning

and analytic abilities in medical school and beyond. Written by a medical doctor who understands exactly what it takes to increase educational performance, this comprehensive guide covers all the important elements involved in learning new knowledge, how to balance your studies and clinical rotations, and most importantly, how to apply knowledge in clinical practice. Explore the proven methods of studying, learning, and reading that work best for different types of students—all based on the latest research in learning strategies and why they're beneficial. Learn the best strategies for taking different types of exams, time management, and how to balance your studies with a healthy lifestyle. Discover how to read faster, learn more efficiently, and apply the knowledge to your field. Benefit from concise, easy-to-read chapters on stress management, healthcare literacy, motivation and mindset, goals and goal setting, accelerated learning, mentors, memorization techniques, and much more. Combining theory, research, and applications, this popular text guides college students on how to become self-regulated learners. Students gain knowledge about human motivation and learning as they improve their study skills. The focus is on relevant information and features to help students to identify the components of academic learning that contribute to high achievement, to master and practice effective learning and study strategies, and then to complete self-regulation studies that teach a process for improving their academic behavior. A framework organized around motivation, methods of learning, time management, control of the physical and social environment, and monitoring performance makes it easy for students to recognize what they need to do to become academically more successful. Pedagogical features include Exercises, Follow-Up Activities, Student Reflections, Chapter-end Reviews, Key Points, and a Glossary. New in the Fifth Edition Discussion of the importance of sleep in learning and memory Revised and updated chapter on self-regulation of emotions Current research on impact of students' use of technology including digital learning platforms and tools, social media, and online learning Updated Companion Website resources for students and instructors

This text not only presents information, tips, and tactics required for enhancing college study skills, but it does so by connecting with the student on a more personal level. In addition to addressing the student's individual learning techniques, this book helps the student understand the other factor which plays a critical role in academic success: namely, an accurate and effective perspective on college learning (the roles of attitude and motivation).

The demanding workload and fast pace of college often overwhelm students. Without access to the right resources, many of the three million U.S. college students with disabilities fail or drop out--at a much higher rate than their peers. This guide helps students, parents, counselors and psychologists find the appropriate resources and accommodations to help students with disabilities successfully transition to college. The author explains Americans with Disabilities Act laws and outlines steps for requesting and implementing college staff, classroom and testing accommodations. Student testimonies are included, advising on which assistive technologies and resources have worked to achieve academic success.

This strategy-filled handbook will teach education professionals how they can help students with mild disabilities apply their academic skills to organization, test-taking, study skills, note taking, reading, writing, math, and advanced thinking.

If you're currently a college student, or plan on being one, you need to check out this book. Written by award-winning professors Lynn Jacobs and Jeremy Hyman, it's loaded with insider

information that only professors know--but few are willing to reveal. The over 600 tips in this book will show you: How to pick good courses and avoid bad professors How to develop "college-level" skills and habits that'll put you ahead of the pack How to get through the freshman comp, math, language, and lab science requirements--in one try How to figure out what's going to be on the tests, and what professors are looking for in papers and presentations How to pick a major you'll really like--and be good at How to get the edge for graduate school--or the inside track to a really good job And much more. The tips are quick and easy-to-use, and the advice is friendly and supportive. It's as if you had your own personal professor guiding you on the path to college success.

All college students should enjoy the greatest amount of academic success possible. College Success Strategies gives students an insider's perspective on the complex process of college-level learning by describing how to: Transfer high school skills to college Develop a winning attitude and become an active learner Improve academic performance by understanding their own values and beliefs Deal with newfound stress and manage study time Use the latest technology and get the most out of lectures and note-taking Read faster and prepare for all types of exams and assignments College Success Strategies includes real-life stories, success summaries, self-assessment quizzes and an interactive website to help students make a smart transition to college.

ON COURSE: STRATEGIES FOR CREATING SUCCESS IN COLLEGE AND IN LIFE, 9th Edition, empowers you with the tools you need to take charge of your academic and lifelong success. A self-assessment at the beginning of the text helps you identify behaviors and beliefs you may wish to change in order to achieve more of your potential in college and in life. Through short articles and distinctive guided journal entries, the author encourages you to explore and develop eight keys to your success: personal responsibility, self-motivation, self-management, interdependence, self-awareness, lifelong learning, emotional intelligence, and self-esteem. As you develop these skills, you'll find yourself making more effective choices and achieving greater success in college and in life. "Healthy Choices" and "At Work" articles will teach you strategies for making wise choices in college and beyond. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

An unflinching assessment of the disparity between growing rates in college enrollment and decreasing graduate numbers examines the financial and social roadblocks that pose key challenges, in a guide that outlines strategies for more effective teaching in today's increasingly diverse world. Original.

Six Steps to College Success is written for students who want to take charge of their own learning. Originally developed for graduate, medical, dental, veterinary and nursing students, these evidence-based techniques proved to be so successful that undergraduate students requested their own version of the book. The new field of Educational Neuroscience draws from the disciplines of education, psychology and neuroscience. We have been drawing from these same disciplines of study for over 20 years! Much of the recent research in educational neuroscience better explains WHY the strategies we have been teaching are so effective. This study system will help you retain the information presented in your classes, textbooks and labs and will teach you to: Reduce stress by developing a manageable schedule Get the most out of lectures Use critical thinking to organize essential information Create highly organized notes for easy review and self-testing Recall and apply information for exams and laboratory work Improve long-term memory Increase concentration Reduce test anxiety Take exams with confidence

For courses in Student Success or First Year Experience. The activities and strategies in this book focus on three core principles—critical thinking, priority management, and personal well-being. These form the foundation for academic, career, and life success. Choices for College

Success emphasizes the power of personal choice and responsibility to help students maximize their talents and minimize their anxiety by building successful habits. MyStudentSuccessLab (www.mystudentsuccesslab.com) helps students to 'Start strong, Finish stronger' by acquiring the skills they need to succeed for ongoing personal and professional development. Teaching & Learning Experience: Power of Personal Choice and Responsibility Choices for College Success demonstrates how organized action and critical thinking will help students achieve academic success, create a healthy and balanced life, and realize their dreams. This program provides:

- Personalized Learning with MyStudentSuccessLab: Whether face-to-face or online, MyStudentSuccessLab helps students build the skills they need through peer-led video interviews, interactive practice exercises, and activities that provide academic, life, and professionalism skills.
- Critical Thinking: The RED Model for critical thinking presents an eloquently simple and practical model to carefully analyze and address school and life challenges.
- Priority Management: Provides personal assessments and activities for students to reflect and apply the strategies introduced around the "choices they make"—and take responsibility for their journey using key principles underlying student success.
- Personal Well-being: A multi-dimensional model for personal well-being and balance helps students navigate the transitions and adjustments to college life and is critical to their overall sense of balance in life.

Note: This is a standalone book, if you want the book/access card order the ISBN below: 0321952502 / 9780321952509 Choices for College Success Plus NEW MyStudentSuccessLab 2013 Update -- Access Card Package Package consists of 0321908694 / 9780321908698 Choices for College Success 0321943252 / 9780321943255 NEW MyStudentSuccessLab 2013 Update -- Valuepack Access Card Offers advice on setting goals, managing time and stress, making the most of time in the classroom, taking tests, improving reading, thinking, and communication skills, and more. Motivation and Learning Strategies for College Success A Focus on Self-Regulated Learning Routledge

This book is a practical guide for any student considering enrollment in, currently enrolled in, or recently graduated from an online course. The authors, both with substantial online teaching and learning experience as well as seasoned professionals, deliver concise guidance to make the online learning journey enjoyable, productive, and most of all, worthwhile. Major topics include how to identify the best online program; comparing online with traditional education programs; finding an ideal work-life balance; managing time and staying organized; how to form good habits to maximize your chances for success; getting the most out of an online learning environment; and using your online education to succeed in your career. As the singular guide to success as an online learner, this practical book serves as the essential desk reference for every online student.

Strategies for College Success introduces students to the language and culture of college. Designed primarily for near-native English speakers who are planning to attend or are just beginning their time at an American college, this textbook presents skills and strategies that will help students succeed academically and adjust to the cultural aspects of college life. It provides a wealth of study tips and strategies, which are outlined in the front of the book, to ensure academic success. Key features of this integrated-skills textbook include:

- *Authentic cross-curricular readings in the humanities, sciences, social sciences, and business
- *Academic lectures similar to those found on the Next Generation TOEFL® Test
- *Carefully sequenced questions, activities, and writing prompts
- *Both individual and collaborative activities
- *A section of the book devoted to academic writing
- *"Orientation" sections to begin familiarizing students with college culture
- *Test-taking strategies
- *Strategies to build graphic literacy
- *Self-assessment charts and questions

Strategies for College Success may be used for a general study skills class or as a supplementary text for a class with a writing focus. An audio CD is also available.

THE STUDY SMART SERIES, designed for students from junior high school through lifelong learning programs, teaches skills for research and note-taking, provides exercises to improve grammar, and reveals secrets for putting these skills together in great essays. Test taking is a skill apart from learning course material, a skill every student must acquire in order to survive. Test-Taking Strategies is the book for anyone who has ever dreaded an exam. Strategies for taking every kind of test are dealt with—objective tests (multiple choice, true/false, matching), essay tests, and oral exams. The authors also offer help for handling anxiety, explaining relaxation and desensitization techniques that help students control nervousness and keep it from detracting from performance. There are tips for managing time during the test, knowing when to guess, and for pulling answers out of your memory even when the question drew a blank at first glance. Essay tests and oral exams are particularly gruesome for most students, and until now there has been very little advice for handling such tests. Test-Taking Strategies includes plenty of advice for developing ideas while under pressure.

Do you want to get all A's and still have time to enjoy college? It's possible, but only by studying smarter, not harder. The College Success Cheat Sheet will show you how by helping you master the art and science of rapid, effective learning. Drawing from his journey of failing multiple classes in a community college to graduating with the President's Award from a private university and through interviews with top students from across the country, Jonathan Davidson shares the methods that great students use in order to stand out in college. Now, with this step-by-step guide, you can put these simple ideas into practice and learn how to: * Cut study time and boost long-term memory with the spacing effect, described by researchers as, "[O]ne of the most remarkable phenomena to emerge from laboratory research on learning." * Use English to conquer math * Review textbook chapters in ten minutes or less * Crush even the hardest timed exams * Commit plagiarism to learn how to write stronger papers * Sleep your way to straight A's * Find work during and after college Four years is too much of your life to spend cramming and stressing over your studies. With this guide to college success, you can earn the grades you want and still have time to make the most of your college years. "The College Success Cheat Sheet is efficient and effective while managing to be enjoyable at the same time. The witty, conversational style draws the reader in, and the techniques are based on solid science. I highly recommend it!" -Leslie R. Martin, PhD, co-author of The Longevity Project "Fun, witty, and full of priceless advice. I wish I'd had this book when I was a freshman." - Rachael Lang, college student

Strategies that will transform your grades! Straight-A Study Skills proves that you don't have to spend countless hours studying to get good grades. Using her experience as an educational consultant and a teacher, authors Cynthia Clumeck Muchnick and Justin Ross Muchnick have created an easy-to-use approach to learning important study skills and achieving academic success. Through more than 200 entry-based strategies, you will learn all there is to know about strengthening your academic performance, including how to: Get the most out of class time. Find a note-taking system that works for you. Improve your writing skills and create compelling essays. Develop effective study habits. Choose the right classes and extracurricular activities. Prepare for standardized tests, quizzes, and final exams. This guide is broken down into quick and easy concepts, tactics, and tips that highlight essential information and allow you to quickly find the topics you need to focus on. With Straight-A Study Skills, you're guaranteed to sharpen your study skills, boost your grades, and position yourself for success!

Strategies for Success, Second Edition provides a series of study skills activities designed to foster student success in college mathematics. Lynn Marecek and MaryAnne Anthony-Smith encourage students to take an active approach in determining what they need to do to become successful math students. These proven, class-tested activities have been developed over many semesters from the authors' firsthand experience with their own students. This workbook

contains 44 activities, in ready-to-use worksheet format. The activities can be used in several ways—individual work, group work, or large group discussion. They can be used in class or assigned as homework. An accompanying Instructor's Guide is available that contains instructions and implementation strategies for each activity to help instructors easily integrate Strategies for Success into their classes. Some of the topics covered include Notebook Preparation, Reading a Math Textbook, Successful Student Behavior, Time Management, Test Preparation Skills, Study Group Ideas, and much more. The Second Edition also includes several new activities that focus on specific study skills needed by students doing their homework exercises on a computer in online, hybrid, emporium, or redesign formats.

A market leader for the study skills course, COLLEGE STUDY SKILLS: BECOMING A STRATEGIC LEARNER, Seventh Edition is a wide-ranging, practical text that focuses on helping students become actively engaged in their own learning. The text incorporates active learning strategies to help students succeed in college by introducing a strategy, allowing them to practice it, and having them do self-assessments to gain feedback on their own success. This variety of strategies and activities, as well as authentic and engaging text material from numerous core subject areas, gives students opportunities to apply what they are learning to their course work in other college classes. The Seventh Edition has a new focus on motivation. Chapter (1) Getting Motivated focuses on the importance of motivation in college success. More information on the causes of motivation problems and strategies for increasing motivation are also included, and each of the chapters that follow in the text strengthens the connection between motivation and the strategies that are presented, so that students continue to increase their motivation throughout the course. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Study Skills for Success presents basic study strategies and academic skills that students need to excel in their last years of high school or in college. This textbook was written for students whose schoolwork has not given them enough practice in applying these basic study skills so they can perform well in academic settings. Major topics covered in the book include: *

- Organizing Information (alphabetizing, outlining, reading timelines, taking notes)
- * Reading and Interpreting Illustrated Information (maps, graphs, charts, tables)
- * Skills for Better Reading (skimming and scanning, vocabulary strategies, determining the main idea)
- * Research Strategies (avoiding plagiarism, using the Internet)

A list of the many skills taught is provided in the front of the book. Study Skills for Success emphasizes skill building through practice, as the lessons on each topic contain a plethora of tips and several exercises. A review lesson caps the end of each section of the textbook, and the final lesson of the book reviews the major skills taught. Appendixes include various abbreviations and conversion tables.

College Success for Adults: Insider Tips for Effective Learning is a concise, user-friendly guide to college success for the adult college student. In it, readers learn to master the rules, vocabulary, and expectations of the college environment. They'll discover how to balance their work and personal lives with college-level study, develop the mindset of the successful college student, take notes effectively, conquer testing anxiety, win over their professors, and much more. Armed with the knowledge this book provides, readers will emerge with a deeper understanding of what it takes to succeed in college—and how they can achieve this success. They'll learn how to take their own experience and wisdom as adults and translate it into success in the college classroom. Readers also receive helpful supplementary resources that will aid them on their journey to college success, including a college vocabulary glossary, college knowledge quiz (with answer key), a list of scholarships exclusively for adult students, and a suggested course syllabus (with detailed course calendar).

This popular text combines theory, research, and applications to teach college students how to become more self-regulated learners. Study skills are treated as a serious academic course of study. Students learn about human motivation and learning as they improve their study skills.

The focus is on relevant information and features designed to help students to identify the components of academic learning that contribute to high achievement, to master and practice effective learning and study strategies, and then to complete self-regulation studies whereby they are taught a process for improving their academic behavior. A framework organized around six components related to academic success (motivation, methods of learning, time management, control of the physical and social environment, and monitoring performance) makes it easy for students to understand what they need to do to become more successful in the classroom. Pedagogical Features include Exercises; Follow-Up Activities; Student Reflections; Chapter-end Reviews ; Key Point; and a Glossary. New in the Fourth Edition: More emphasis on research findings; expanded discussion of motivation ; more emphasis on the impact of students' use of social networking and technology; research about neuroscience in relationship to motivation and learning; new exercises, including web-based activities; Companion Website, including an Instructor's Manual

ON COURSE: STRATEGIES FOR CREATING SUCCESS IN COLLEGE AND IN LIFE, STUDY SKILLS PLUS, 3rd Edition, empowers you with the tools you need to take charge of your academic and lifelong success. A self-assessment at the beginning of the text helps you identify behaviors and beliefs you may wish to change in order to achieve more of your potential in college and in life. Through short articles and distinctive guided journal entries, the author encourages you to explore and develop eight keys to your success: personal responsibility, self-motivation, self-management, interdependence, self-awareness, lifelong learning, emotional intelligence, and self-esteem. As you develop these skills, you'll find yourself making more effective choices and achieving greater success. The Toolbox for Active Learners provides numerous study skills that will help you excel in all of your college courses. As you learn these new strategies, you'll have the opportunity to practice applying them to solve academic challenges. With improved critical and creative problem-solving, you'll be able to achieve greater success in all parts of your life. Another self-assessment before and after the Toolbox for Active Learners will show you how much you've learned about being an effective learner. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Are you among the 22 million students now enrolled in college? Or a high school student thinking of joining them shortly? Or perhaps a parent of a college-bound junior or senior? Then this book is just for you. Written by college professors and successfully used by tens of thousands of students, *The Secrets of College Success* combines easy-to-use tips, techniques, and strategies with insider information that few professors are willing to reveal. The over 800 tips in this book will show you how to: pick courses and choose a major manage your time and develop college-level study skills get good grades and manage the “core” requirements get motivated and avoid stress interact effectively with the professor or TA prepare for a productive and lucrative career New to this third edition are high-value tips about: undergraduate and collaborative research summer internships staying safer on campus diversity and inclusion disabilities and accommodations ...with special tips for international students at US colleges. Winner of the 2010 USA Book News Award for best book in the college category, *The Secrets of College Success* makes a wonderful back-to-college or high-school-graduation gift –or a smart investment in your own college success.

College Success for Students With Learning Disabilities (2nd ed.) offers students the knowledge, guidance, and strategies they need to effectively choose a college, prepare for university life, and make the most of their collegiate experience. This revised edition: Outlines the rights and responsibilities of students with learning disabilities Gives advice on talking to professors and peers, getting involved, and asking for and receiving accommodations. Helps students utilize their strengths to meet and exceed academic standards. Provides additional information on autism spectrum disorders (ASD) and ADHD. Includes a handy guide to

universities with special programs and advice from current college students with disabilities. Planning for college can be one of the biggest moments in any student's life, but for students with disabilities, the experience can be challenging on many different levels. This book will empower future students and provide them with hope for success. Grades 9-12

This popular text combines theory, research, and applications to teach college students how to become more self-directed learners. Study skills are treated as a serious academic course. Students learn about human motivation and learning as they improve their study skills. The text does not offer recipes for success or lists of quick tips. The focus is on relevant information and features designed to help students to identify the components of academic learning that contribute to high achievement, to master and practice effective learning and study strategies, and then to complete self-management studies whereby they are taught a process for improving their academic behavior. A framework organized around six components related to academic success (motivation, methods of learning, time management, control of the physical and social environment, and monitoring performance) makes it easy for students to understand what they need to do to become more successful in the classroom. New in the Third Edition: *Discussion of achievement motivation via four motivational student profiles *Expanded treatment of sociocultural factors *New material on student identity issues *Extended discussion of the rational emotive approach to changing one's emotions and using physical relaxation techniques *Attention to use of time based on categorizing tasks into urgent and important *New coverage of social loafing and I-messages *Additional new exercises and follow-up activities. A separate Instructor's Manual provides helpful information for teaching the material, including additional exercises and experiences for students, essay test questions, information on how students can maintain a portfolio to demonstrate their acquisition of learning and study skills, and guidelines for helping students complete a self-management study of their own behavior.

"Sharon's Simple Study Strategies for College Success contains 100 brief, easy-to-read strategies that help new students adapt to the demands of college studying and learning."-page 167.

Miriam, a freshman Calculus student at Louisiana State University, made 37.5% on her first exam but 83% and 93% on the next two. Matt, a first year General Chemistry student at the University of Utah, scored 65% and 55% on his first two exams and 95% on his third—These are representative of thousands of students who decisively improved their grades by acting on the advice described in this book. What is preventing your students from performing according to expectations? Sandra McGuire offers a simple but profound answer: If you teach students how to learn and give them simple, straightforward strategies to use, they can significantly increase their learning and performance. For over a decade Sandra McGuire has been acclaimed for her presentations and workshops on metacognition and student learning because the tools and strategies she shares have enabled faculty to facilitate dramatic improvements in student learning and success. This book encapsulates the model and ideas she has developed in the past fifteen years, ideas that are being adopted by an increasing number of faculty with considerable effect. The methods she proposes do not require restructuring courses or an inordinate amount of time to teach. They can often be accomplished in a single session, transforming students from memorizers and regurgitators to students who begin to think critically and take

responsibility for their own learning. Sandra McGuire takes the reader sequentially through the ideas and strategies that students need to understand and implement. First, she demonstrates how introducing students to metacognition and Bloom's Taxonomy reveals to them the importance of understanding how they learn and provides the lens through which they can view learning activities and measure their intellectual growth. Next, she presents a specific study system that can quickly empower students to maximize their learning. Then, she addresses the importance of dealing with emotion, attitudes, and motivation by suggesting ways to change students' mindsets about ability and by providing a range of strategies to boost motivation and learning; finally, she offers guidance to faculty on partnering with campus learning centers. She pays particular attention to academically unprepared students, noting that the strategies she offers for this particular population are equally beneficial for all students. While stressing that there are many ways to teach effectively, and that readers can be flexible in picking and choosing among the strategies she presents, Sandra McGuire offers the reader a step-by-step process for delivering the key messages of the book to students in as little as 50 minutes. Free online supplements provide three slide sets and a sample video lecture. This book is written primarily for faculty but will be equally useful for TAs, tutors, and learning center professionals. For readers with no background in education or cognitive psychology, the book avoids jargon and esoteric theory. Combining theory, research, and application, this popular text guides college students on how to improve their study skills and become self-regulated learners. Seli and Dembo focus on the most relevant information and features to help students identify the components of academic learning that contribute to high achievement, to master and practice effective learning and study strategies, and to complete self-regulation studies that teach a process for improving their academic behavior. *Motivation and Learning Strategies for College Success* provides a framework organized around motivation, methods of learning, time management, control of the physical and social environment, and monitoring performance that makes it easy for students to recognize what they need to do to become academically successful. Full of rich pedagogical features and exercises, students will find Follow-Up Activities, opportunities for Reflection, Chapter-End Reviews, Key Points, and a Glossary. New in the Sixth Edition: General updates throughout to citations and research since the previous edition Additional coverage of digital media and mobile technology, and the impact of technology on productivity Added coverage of metacognition and test anxiety, and consideration of non-traditional students Updated companion website resources for students and instructors, including sample exercises, assessments, and instructors' notes

"Contains material adapted from *The everything guide to study skills*, by Cynthia Clumeck Muchnick"--T.p. verso.

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