

On Course Study Skills Plus Edition By Skip Downing

This new guide builds on the hugely successful materials the authors have developed over the last 15 years. Along with highly practical guidance on traditional learning skills, *The Guide to Learning and Study Skills* provides guidance for students on learning in a blended environment; the increased use of personal and professional development planning, continuing professional development and work-based learning.

"The problem with the first year was I didn't know what I didn't know, and even when I thought there was something I was supposed to know I didn't know what to do about it." This quote from a perplexed undergraduate student illustrates the plight of many first-years who feel overwhelmed by the demands made on them at university, combined with the expectation of lecturers and tutors that they will already know how to study independently. *'Study Skills for Psychology Students'* is a light-hearted yet comprehensive guide to studying psychology at university. Covering topics such as using the library and other resources, making effective notes in lectures and successful revision skills, the authors provide a practical guide to help the new student get the most out of their psychology course. Finally, in addition to the generic information needed by all students embarking on a degree course, *'Study Skills for Psychology Students'* includes psychology specific material on Ethics, Professional Data Acquisition and Interviewing Skills.

Develop the Skills to Learn Anything Faster, Easier, and More Effectively Written by the creators of the #1 bestselling course of the same name, this book will teach you how to "hack" your learning, reading, and memory skills, empowering you to learn everything faster and more effectively. *What Would You Do If You Could Learn Anything 3 Times Faster?* In our rapidly changing and information-driven society, the ability to learn quickly is the single most important skill. Whether you're a student, a professional, or simply embarking on a new hobby, you are forced to grapple with an every-increasing amount of information and knowledge. We've all experienced the frustration of an ever-growing reading list, struggling to learn a new language, or forgetting things you learned in even your favorite subjects. *This Book Will Teach You 3 Major Skills: Speed reading with high (80%+) comprehension and understanding Memory techniques for storing and recalling vast amounts of information quickly and accurately Developing the cognitive infrastructure to support this flood of new information long-term* However, the SuperLearning skills you'll learn in this course are applicable to many aspects of your every day life, from remembering phone numbers to acquiring new skills or even speaking new languages. *Anyone Can Develop Super-Learning Skills* This course is about improving your ability to learn new skills or information quickly and effectively. We go far beyond the kinds of "speed reading" (or glorified skimming) you may have been exposed to, diving into the actual cognitive and neurological factors that make learning easier and more successful. We also give you advanced memory techniques to grapple with the huge loads of information you'll soon be able to process. "This book should be the go-to reference for anyone looking to upgrade their mind's firmware!" -Benny Lewis, Language Learning Expert *Learn How to Absorb and Retain Information in a Whole New Way - A Faster, Better Way* The Authors' Proprietary Method for Teaching Speed Reading & Memory Improvement You may have even taken a normal speed reading course in the past, only to realize that you didn't retain anything you read. The sad irony is that in order to properly learn things like speed reading skills and memory techniques in the past, you had to read dozens of books and psychological journals to decode the science behind it. Or, you had to hire an expensive private tutor who specializes in SuperLearning. That's what I did. And it changed my life. Fortunately, my co-authors (experts and innovators in the fields of superlearning, memory improvement, and speed reading) agreed to help me transform their materials into the first ever digital course. Over 25,000 satisfied students later, we have transformed our course into a book you can enjoy anywhere. Our teaching methodology relies heavily on at-home exercises. The chapters themselves are only part of what you're buying. You will be practicing various exercises and assignments on a regular basis over the course a 7 week schedule. In addition to the lectures, there are hours of supplemental video and articles which are considered part of the curriculum. "This vital book contains all the tools needed to learn, memorize, and reproduce anything you want with the joy that ease brings. Don't take another class until you've read it!" -Dr. Anthony Metivier, Author & Memory Expert If you wish to improve memory and concentration, learn more effectively, read faster, and learn the techniques of memory champions - look no further! An awesome read that will push the limits of your brain. Levi does an incredible job of guiding you through, to bring your brain from average to UNSTOPPABLE!" -Nelson Dellis, 4-Time USA Memory Champion

Studying for exams, working in teams, writing detailed yet succinct reports and importantly time management aren't second nature to most, so this book provides clear guidance and will be an essential tool for anyone taking a health and safety course. For many students the learning experience will be a return to studying after some considerable time so this book combines practical advice with helpful exam-related information. Case studies and activities based on key health and safety topics that are covered by most Awarding Bodies Guidance on how to take both multiple-choice and written exams; with details on how to answer the action verbs, used in exams questions; including identify and outline Key principles teach how to Receive the information; Remember the information; and Recall the information for your exam **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.

Study Skills for Foundation Degrees offers a step-by-step guide to the skills needed to successfully complete a Foundation Degree. Filled with activities and useful tips, it will help students to move from nervous novice to confident expert and provide them with the necessary tools to accomplish this. By reading this book, students will be able to learn new skills and enhance existing ones. This third edition has been fully updated and features new chapters on e-learning and dissertations as well as expanded sections on ethics, feedback and referencing. Each chapter includes practical guidance as well as student perspectives that will help students through their course of study. It includes advice on how to support learning, boost motivation and enhance time management, and covers all the essential skills required for successful study, including: Effective reading and note-taking strategies Developing oral skills in a wide range of presentation settings, including what makes a good presentation and how each stage of the process can be prepared for Carrying out well-planned, methodologically sound and well-written research Preparing for examinations and other forms of assessment Producing a professional development portfolio or winning CV Highly accessible, this new edition is an essential resource for all Foundation Degree students who want to get the most out of their course, mature students or anyone with limited or no experience of academic study.

Is there a secret to successful study? The answer is 'yes'! There are some essential skills and smart strategies that will help you to improve your results at university. Using proven techniques and tips to help you focus your efforts and develop successful study skills and strategies, **THE STUDY SKILLS BOOK** provides practical answers to questions such as: What do lecturers expect from you in a tutorial? What's the best way to plan an essay or dissertation? Where should you concentrate your efforts for maximum impact? This book is an essential practical resource for all students who want to improve their performance and succeed in their studies: All key study skills are covered including essay writing, revision and exams, tutorials, and dissertations Practical solutions are presented for the most common problems A

common-sense, no-nonsense approach is offered using practical checklists and tips This handbook has been written by experts and extensively tested on students to help you focus your efforts, troubleshoot your problems and thrive at university. "Every aspect of university life is covered – my tip to other students is to have this book on their desk and use it – (it) has been a great help", Sarah Scott, Student "This book really is a must have for any first year student!! Easy to read, intelligent and the best help a first year could ever want!", Alastair Ross, Amazon reviewer "This book really will be a godsend to you during your time at university. It's like my bible now - I'm so glad I bought it!", Fi Wordsworth, Amazon reviewer

You can predict how well a student will do simply on the basis of their use of effective study strategies. This book is for college students who are serious about being successful in study, and teachers who want to know how best to help their students learn. Being a successful student is far more about being a smart user of effective strategies than about being 'smart'. Research has shown it is possible to predict how well a student will do simply on the basis of their use of study strategies. This workbook looks at the most important group of study strategies – how to take notes (with advice on how to read a textbook and how to prepare for a lecture). You'll be shown how to: * format your notes * use headings and highlighting * how to write different types of text summaries and pictorial ones, including concept maps and mind maps (you'll find out the difference, and the pros and cons of each) * ask the right questions * make the right connections * review your notes * evaluate text to work out which strategy is appropriate. There's advice on individual differences and learning styles, and on how to choose the strategies that are right for both you and the situation. Using effective notetaking strategies will help you remember what you read. It will help you understand more, and set you on the road to becoming an expert (or at least getting good grades!). Successful studying isn't about hours put in, it's about spending your time wisely. You want to study smarter not harder. As always with the Mempowered books, this thorough (and fully referenced) workbook doesn't re-hash the same tired advice that's been peddled for so long. Rather, Effective Notetaking builds on the latest cognitive and educational research to help you study for success. This 3rd edition has advance organizers and multi-choice review questions for each chapter, plus some additional material on multimedia learning, and taking notes in lectures. Keywords: best study strategies for college students, how to improve note taking skills, study skills, college study, taking notes

Includes CD-Rom There are many 'Do-it-Yourself' manuals for students and young people experiencing study skills problems. However, if this group of young people could study these books then they would already have the skills necessary! In order to use a self help manual the student needs internal motivation, the ability to self-instruct from text and the ability to put the learned strategy into place... but these are the same attributes that these students find difficult. In this book, Pat Guy provides a series of lesson plans making up a taught study skills course for secondary schools, sixth forms, FE colleges and Pupil Referral Units. She shows the reader how to teach, through self assessment, practice and confidence-building techniques, the techniques and self management required to achieve independent study skills. All the activities and worksheets, including revision and exam tips for the students, are easily printable from the accompanying CD-rom. The sessions can be delivered by teachers, tutors, Learning Mentors, or anyone whose aim is to improve attendance and achievement in older students. Pat Guy has taught for over twenty years in LEA and secondary schools in Outer London, Northamptonshire, Birmingham and Bedfordshire as a class teacher, subject teacher, SEN support, SENCO and advisory teacher.

Studying successfully at high school, college or university requires more than discipline, diligence and determination. Students must also come to grips with a crucial range of essential skills if they wish to turn toil into triumph. Study Skills for Successful Students shows you how to improve your learning skills and performance.

For students who need to develop the study skills required to successfully complete their college education--whether they attend a two- or four-year college or they are adult learners--ESSENTIAL STUDY SKILLS, 8th Edition, is their guide to success. Featuring the essential learning strategies for becoming a better student, this book helps students learn how to prepare for class, develop textbook reading strategies, use effective note-taking techniques, strengthen their test-taking skills, and use technology effectively. ESSENTIAL STUDY SKILLS, 8th Edition, adapts to any learning style and offers a step-by-step approach and numerous opportunities for practice throughout the textbook and accompanying CourseMate website. The new edition includes a dedicated chapter (12) entitled Using Technology, providing guidance on how students can use electronic tools to improve their study skills, conduct research (and avoid plagiarism), and succeed in online courses. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

ON COURSE: STRATEGIES FOR CREATING SUCCESS IN COLLEGE AND IN LIFE, STUDY SKILLS PLUS EDITION was created for educators who would like to promote student growth and self-awareness, while providing more extensive instruction in study skills. Downing's powerful guided journal entries have been retained from the original ON COURSE text to encourage students to explore essential life skills such as personal responsibility, self-motivation, interdependence, and self-esteem. The Study Skills Plus Edition engages students in a learner-centered construction of study skills knowledge, and gives students practice in applying empowerment strategies. The 2nd edition highlights the very process of learning how to solve academic challenges with improved study skills. Students engage in critical and creative problem solving that will enable them to achieve greater success in all parts of their lives. The 2nd edition also features expanded coverage of diversity, emphasizing the many ways in which people are different and how these differences often influence the choices they make. Other new topics include a discussion of academic integrity, how to thrive in the college culture, and a research-based section on the importance of developing a growth mindset. Plus, a new Annotated Instructors Edition guides instructors to relevant exercises and materials in the ON COURSE FACILITATOR'S MANUAL. Available with InfoTrac Student Collections <http://goengage.com/infotrac>. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version. Presents strategies for enhancing study skills, offering students ways to improve reading comprehension, note taking, memorization, time management, and organization skills, in addition to managing homework and stress.

An Oxford Revision Course guide to Active Study Skills This short introduction to active study skills is built on many years of experience as a study skills coordinator and tutor. Designed with the student in mind, each chapter addresses common study skills problems and offers quick and creative solutions. Dealing with time management, setting goals, making good notes and creative techniques to improve study. With chapters on stress reduction and good exam preparation. Colin Murphy is a psychology teacher and study skills coordinator. He is passionate about finding creative solutions that will actually help students to learn in more effective manners. Many of the techniques are tried and tested with his students to find what works best for them. Colin first became interested in study skills techniques when studying Psychology in University College Dublin in the 1990's. This book was

built around the suggestions of his students about the most common problems that they had in study. At the heart of this book is the belief that study can and should be interesting and that creative approaches to study, working alongside traditional methods, produces better results. Oxford Revision Course was set up to offer high quality and accessible education to as wide a group as possible, using the best tutors and running a series of courses for English-speaking and international students. Oxford Revision Course guides are designed to share the skills of these tutors to as large a group of people as we can. They also link to top quality courses that help students achieve the best results. The guides are designed to be short and affordable.

All the tips, ideas and advice given to, and requested by, MA students in Media and Communications, are brought together in an easy-to-use accessible guide to help students study most effectively. Based upon many years of teaching study skills and hundreds of lecture slides and handouts this introduction covers a range of general and generic skills that the author relates specifically towards media and communications studies. As well as the mechanics of writing and presentations, the book also shows how students can work on and engage with the critical and contemplative elements of their degrees whilst retaining motivation and refining timekeeping skills. Of course the nuts and bolts of reading, writing, listening, seminars and the dreaded dissertation and essays are covered too. In addition advice on referencing, citation and academic style is offered for those with concerns over English grammar and expression. Aimed primarily at postgraduate students, there is significant crossover with undergraduate work, so this book will also prove of use to upper level undergraduate readers whether using English as a first or second language.

Mathematical Modelling sets out the general principles of mathematical modelling as a means comprehending the world. Within the book, the problems of physics, engineering, chemistry, biology, medicine, economics, ecology, sociology, psychology, political science, etc. are all considered through this uniform lens. The author describes different classes of models, including lumped and distributed parameter systems, deterministic and stochastic models, continuous and discrete models, static and dynamical systems, and more. From a mathematical point of view, the considered models can be understood as equations and systems of equations of different nature and variational principles. In addition to this, mathematical features of mathematical models, applied control and optimization problems based on mathematical models, and identification of mathematical models are also presented. Features Each chapter includes four levels: a lecture (main chapter material), an appendix (additional information), notes (explanations, technical calculations, literature review) and tasks for independent work; this is suitable for undergraduates and graduate students and does not require the reader to take any prerequisite course, but may be useful for researchers as well. Described mathematical models are grouped both by areas of application and by the types of obtained mathematical problems, which contributes to both the breadth of coverage of the material and the depth of its understanding. Can be used as the main textbook on a mathematical modelling course, and is also recommended for special courses on mathematical models for physics, chemistry, biology, economics, etc.

ALERT: Before you purchase, check with your instructor or review your course syllabus to ensure that you select the correct ISBN. Several versions of Pearson's MyLab & Mastering products exist for each title, including customized versions for individual schools, and registrations are not transferable. In addition, you may need a CourseID, provided by your instructor, to register for and use Pearson's MyLab & Mastering products. Packages Access codes for Pearson's MyLab & Mastering products may not be included when purchasing or renting from companies other than Pearson; check with the seller before completing your purchase. Used or rental books If you rent or purchase a used book with an access code, the access code may have been redeemed previously and you may have to purchase a new access code. Access codes Access codes that are purchased from sellers other than Pearson carry a higher risk of being either the wrong ISBN or a previously redeemed code. Check with the seller prior to purchase. -- Immediately has the student address an age-old question, "Why do I have to take this course?", through assessment of strengths and weaknesses and critically applying what is relevant to their situation. Study Skills poses assessment of strengths and weaknesses allow students to self-identify what they already do well as a whole and what they need to improve, then take shorter assessments specific to the study skill topic of each chapter. Chapter opening situations are presented through crisply written 'problem based learning' vignettes to engage in critical thinking and is referenced in key points to reinforce the R.E.D. model. Each chapter concludes with the reader asked to critically apply objectives and strategies and propose a plan for the student in the scenario, again 'problem based learning'. Priority management is a key feature and distinct from time management, as well as Information literacy coverage including social media and how to write for social media - strong and timely. 0321944151 / 9780321944153 Study Skills: Do I Really Need This Stuff? Plus NEW MyStudentSuccessLab 2013 Update -- Access Card Package Package consists of: 0132789515 / 9780132789516 Study Skills: Do I Really Need This Stuff? 0321943252 / 9780321943255 NEW MyStudentSuccessLab 2013 Update -- Value Pack Access Card

Informative, insightful, and accessible, this book is designed to enhance the capacity of graduate and undergraduate students, as well as early career scholars, to write for academic purposes. Fang describes key genres of academic writing, common rhetorical moves associated with each genre, essential skills needed to write the genres, and linguistic resources and strategies that are functional and effective for performing these moves and skills. Fang's functional linguistic approach to academic writing enables readers to do so much more than write grammatically well-formed sentences. It leverages writing as a process of designing meaning to position language choices as the central focus, illuminating how language is a creative resource for presenting information, developing argument, embedding perspectives, engaging audience, and structuring text across genres and disciplines. Covering reading responses, book reviews, literature reviews, argumentative essays, empirical research articles, grant proposals, and more, this text is an all-in-one resource for building a successful career in academic writing and scholarly publishing. Each chapter features crafts for effective communication, authentic writing examples, practical applications, and reflective questions. Fang complements these features with self-assessment tools for writers and tips for empowering writers. Assuming no technical knowledge, this text is ideal for both non-native and native English speakers, and suitable for courses in academic writing, rhetoric and composition, and language/literacy education.

ON COURSE: STRATEGIES FOR CREATING SUCCESS IN COLLEGE AND IN LIFE, STUDY SKILLS PLUS EDITION was created for educators who would like to promote student growth and self-awareness, and whose goal it is to empower their students while providing more extensive instruction in study skills. The Study Skills Plus Edition engages students in a learner-centered construction of study skills knowledge, and gives students practice in applying empowerment strategies. The ON COURSE STUDY SKILLS PLUS EDITION demonstrates the choices that successful students make. This new text highlights the very process of learning how to solve academic challenges with improved study skills so that students learn the empowering

process of critical and creative problem solving that will enable them to achieve greater success in all parts of their lives. This is accomplished through case studies, where students can apply strategies they learn to scenarios before creating their own academic skills plan. A self-assessment tool at the beginning of the text helps students to identify behaviors and beliefs they may wish to change in order to achieve more of their potential in college and in life. Students have an opportunity to revisit their self-assessment at the conclusion of the text. Written in a positive, motivational style, ON COURSE empowers students with the tools they need to take charge of their success in college and in life. Downing's powerful guided journal entries are retained from the ON COURSE text to help students develop essential life skills by encouraging exploration of personal responsibility, self-motivation, interdependence, and self-esteem. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Master your lifelong learning and professional development with this essential guide to overcoming challenges, beating procrastination, and successfully managing your studies alongside work, family and other priorities.

On Course Study Skills Plus Edition Cengage Learning

This workbook will work hand in hand with the On Course book by Skip Downing and the lectures that are done in class at BYU - Idaho.

This indispensable guide shows students what successful academic writing involves and gives them the tools they will need to write successfully themselves. It separates fact from fiction and takes students through the five essential elements of academic writing: writing critically, using sources, developing your own voice, having a clear structure and style and editing drafts. This book is an essential resource for students making the transition to university-level study and a valuable reference point for all students doing academic study in English. It is suitable for students of all disciplines, from education and business through to social work and psychology. New to this Edition: - Updated and revised throughout, with new essay extracts and examples, including a new social science example - New guidance on report assignments

This is a high-quality, rigorous academic skills textbook providing essential guidance to the core areas of practical, aspirational and transferable skills needed by a student both to achieve success on any academic course and to secure improved grades. It will also develop key workplace skills that will enable them to achieve success in their onward career. 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.

Students need to learn to manage their time, organise their studies, understand, learn, and convey a lot of information – and they need to learn to do it quickly. Whether you're fresh out of school, or a mature student returning to education, you now don't need to feel alone! With Study Skills For Dummies, you'll be given the know-how and confidence to achieve consistent results every time – and a lack of preparation will become a thing of the past. Discover how to excel at: Note-taking, speed-reading and essay-writing Improving your memory, critical thinking and analysis Using the internet to supplement study Exam skills and developing the best learning strategy to fit your specific needs and abilities

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What Every Student Should Know About Study Skills teaches students the study skills they need to master for college success. The strategy-development activities throughout the book allow student to assess their learning styles, improve time management and stress management, and become active learners. The What Every Student Should Know About... series is a collection of guide books designed to help students with specific topics that are important in a number of different college courses. Instructors can package any one of these booklets with their Allyn & Bacon/Longman textbook

for no additional charge, or the booklets can be purchased separately. Consult your local Allyn & Bacon/Longman representative for more details.

A surprisingly simple way for students to master any subject--based on one of the world's most popular online courses and the bestselling book *A Mind for Numbers* and its wildly popular online companion course "Learning How to Learn" have empowered more than two million learners of all ages from around the world to master subjects that they once struggled with. Fans often wish they'd discovered these learning strategies earlier and ask how they can help their kids master these skills as well. Now in this new book for kids and teens, the authors reveal how to make the most of time spent studying. We all have the tools to learn what might not seem to come naturally to us at first--the secret is to understand how the brain works so we can unlock its power. This book explains:

- Why sometimes letting your mind wander is an important part of the learning process
- How to avoid "rut think" in order to think outside the box
- Why having a poor memory can be a good thing
- The value of metaphors in developing understanding

• A simple, yet powerful, way to stop procrastinating

Filled with illustrations, application questions, and exercises, this book makes learning easy and fun.

Comprehensive study guide featuring units on reading, note-taking, research techniques, writing skills, discussions, managing your studies. With audio CD, transcripts, and answers. Suitable for self-study, building vocabulary, and developing listening, note-taking, writing, reading and study skills.

The Student Survival Guide for Research Methods in Psychology is designed to support students enrolled in undergraduate or graduate level research methods courses by providing them with the tools they need to succeed. It goes beyond course material to help students engage more fully with research methods content. This survival guide presents clear step-by-step instructions that will help students hone the basic skills to succeed and thrive in their research methods classes and to navigate common pitfalls. The book covers core practical skills, like formatting and writing at an APA standard, understanding research literature (particularly academic journals), using SPSS, and broader skills like how to communicate with your professor, time management, and teamwork skills. It is a highly effective primer text for all psychology students undertaking research methods courses and will also be particularly helpful for students who are currently undertaking these modules and don't feel fully prepared for them.

Math Study Skills outlines good study habits and provides students with study strategies and tips to improve in areas such as time management, organization, and test-taking skills. With a friendly and relatable voice, Alan Bass addresses the misgivings and challenges many students face in a math class, and offers techniques to improve their study skills, as well as opportunities to practice and assess these techniques. This math study skills workbook is short enough to be used as a supplement in a math course, but can also be used as a main text in a study skills class.

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