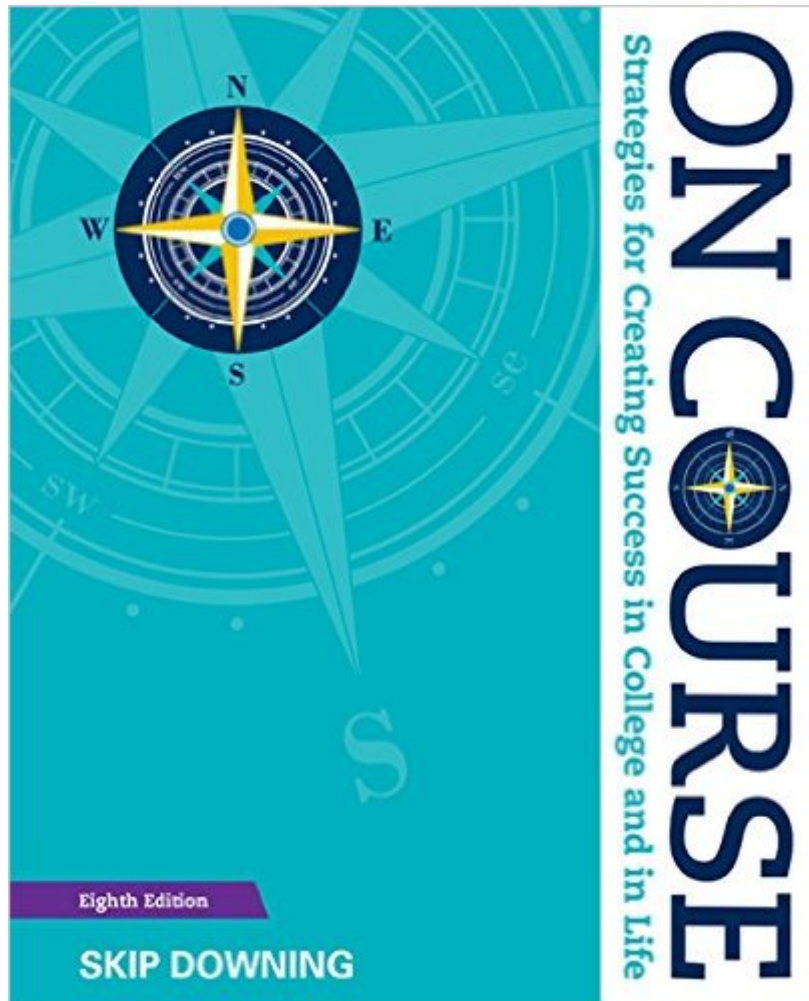


The book was found

On Course: Strategies For Creating Success In College And In Life



Synopsis

ON COURSE: STRATEGIES FOR CREATING SUCCESS IN COLLEGE AND IN LIFE empowers you with the tools you need to take charge of your academic and lifelong success. Now in its 8th edition, ON COURSE presents the choices that successful students make. 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 addition, the "Toolbox for Active Learners" provides extensive coverage of study skills that will help you excel in all of your college courses. Another self-assessment before and after the "Toolbox for Active Learners" will show you how much you've learned about being an effective learner.

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Active Learners Unlike texts that present a long menu of study options, On Course organizes study skills based on the logical learning steps as identified by research on the brain and effective methods for learning. The strategies are all collected here so you can easily refer to this section. The section also includes a new Study Skills Self-Assessment that you can take before learning

about study skills to discover areas where you can improve. At the end of the course, retake the self-assessment to see how far you've come.

Guided Journal Entries A guided journal entry immediately follows each article about a success strategy, giving you an opportunity to apply the strategy you have just learned to enhance your results in college and in life. Many instructors of the course say the guided journal writings are extremely powerful in helping students make new and more effective choices, thus improving their academic success and persistence.

Case Studies in Critical Thinking Case studies help you apply the strategies you are learning to real-life situations. As such, they help prepare you to make wise choices in the kinds of challenging situations you will likely face in college. Because case studies don't have "right" answers, they'll help you develop your critical and creative thinking.

One Student's Story These 28 short essays are authored by fellow students who used On Course strategies to improve the quality of their outcomes and experiences in college. These stories show the positive and dramatic results possible when you apply what you learn in this course to overcome the multitude of challenges that can sabotage your success in college, and beyond.

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