



College Study: The Essential Ingredients Plus NEW MyStudentSuccessLab Update -- Access Card Package (3rd Edition)

Sally A. Lipsky

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Uses an active learning approach that focuses on the reader choosing, applying, and assessing practical strategies, with the goal of creating an effective, efficient, and individualized system of study.

College Study exposes readers to *how* to make informed choices about learning content that is often new, complex, and changing rapidly, especially given the increasing link between technology and learning. Included is the inter-relationship of students' learning behaviors and attitudes, with an emphasis on applying multi-modal strategies into daily course work. The text covers the major learning skills topics: academic planning and goal-setting, time management and procrastination, productivity, active listening and note taking, reading and studying, preparing for and taking tests, enhancing learning and memory, reducing worry/anxiety, and online and web-based strategies. The text is written in a *streamlined format*; with an *informal, personal writing style*; and *engaging activities* that maintain the reader's attention and appeal to today's college students.

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