



Learning Success: Being Your Best at College and Life, Media Edition (with InfoTrac)

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Cengage Learning, 2001. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: PART ONE: ACADEMIC SUCCESS STRATEGIES. 1. DEVELOPING STAYING POWER FOR LIFETIME SUCCESS: NOTHING TAKES PLACE OF PERSISTENCE. The Chief Characteristic of College & the Importance of Staying Power. Why Are You Here? Values & Your Reasons for College. What Is Your Fear? Anxiety as a Positive & Negative Motivator. How Could College Make a Difference in Your Life? The Strengths That Give You Staying Power. Setting College Goals from Life Goals. Applying This Chapter to Your Life. 2. BECOMING A MINDFUL LEARNER & THINKER. Active Learning & Critical & Creative Thinking. Mindfulness & Mindful Learning: Taking Active Control. Critical Thinking: What It Is, How to Use It. Creative Thinking. 3. MASTERING INFORMATION LITERACY: CAMPUS RESOURCES, COMMUNITY RESOURCES, COMPUTERS & COMMUNICATIONS: A LOOK AROUND CAMPUS. Physical, Emotional, & Spiritual Help. Other Kinds of Assistance. Activities & Campus Life. Personal Computers. Computer Software. The Internet & the World Wide Web. 4. LEARNING STYLES & MEMORY: REMEMBERING FOR RESULTS. Different Kinds of Intelligence-Including Emotional Intelligence or "EQ." Four Types of Learning Styles: Which Fits You? Memory & Forgetting: The Importance of Managing Long-term Memory. How Lifestyle...



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