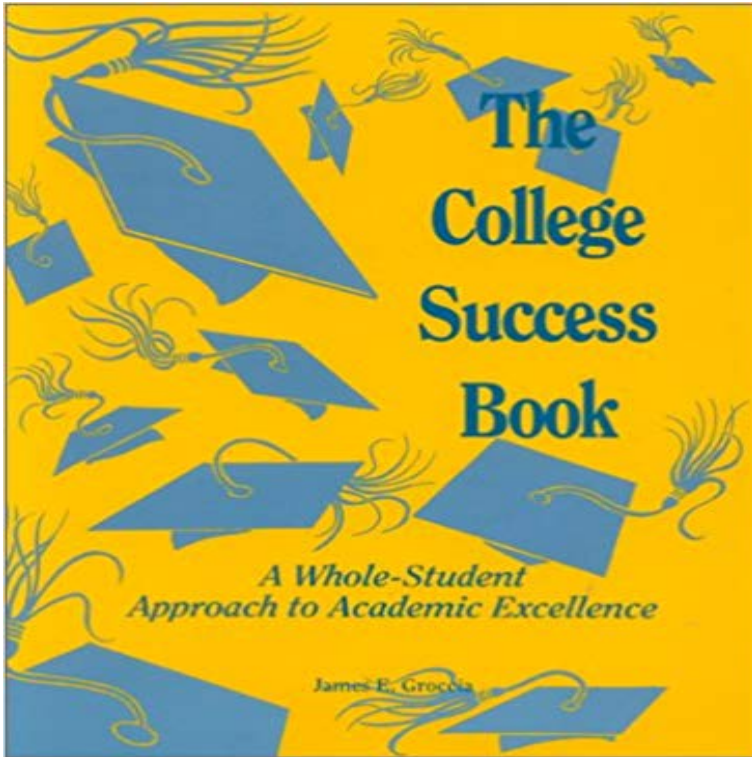


# The College Success Book: A Whole-Student Approach to Academic Excellence



The College Success Book goes beyond the academic and intellectual behaviors usually associated with study skills programs. This practical, user friendly book provides exercises and activities focusing on the whole student to help develop the behaviors and attitudes necessary for success in college. The College Success Book takes an active approach that emphasizes the mechanics of learning and encourages students to take personal control over all aspects of the learning process. The whole student approach is unique to study skills instruction, and the holistic, wellness approach to academic success incorporates knowledge of the impact of factors such as diet, stress control, exercise, and sleep upon learning outcomes. User-friendly exercises in these areas are coupled with information and activities in academic skill areas (motivation, lecture note-taking, time management, reading effectiveness, control of learning environment, concentration, memory, test-taking, managing test anxiety, and writing skills) to provide a comprehensive and integrated guide to academic success. The book is written with all students in mind, those with effective as well as those with poor study skills. The basic premise is that all students can profit from a review of their study behaviors. The book is practical and easy to use. Its expectations are realistic. The College Success Book provides students with a wide array of skills that will lead to success in college and beyond. Use of this book will enable students to increase productive skills and attitudes that can effectively guide them through the information overload that is characteristic of most college settings.

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