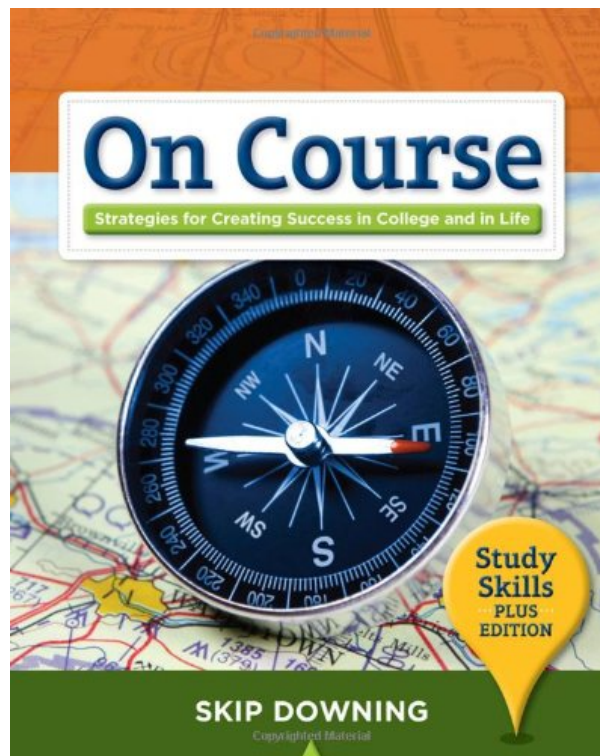
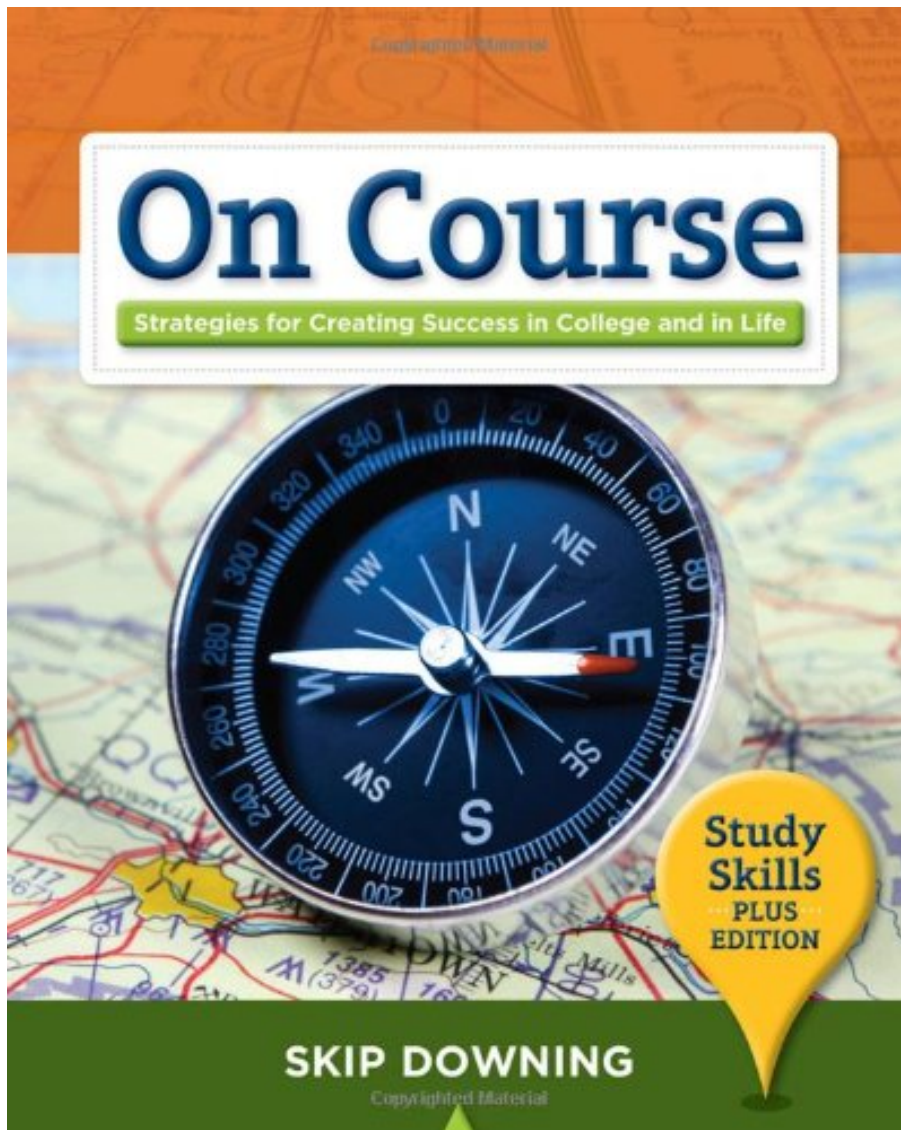


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### Review

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ON COURSE: STRATEGIES FOR CREATING SUCCESS IN COLLEGE AND IN LIFE, STUDY SKILLS PLUS EDITION will engage you with the tools you need to take charge of your success in college and in life. As you learn new strategies, you will have the opportunity to practice applying new skills to solve academic challenges. With improved critical and creative problem solving you will be able to achieve greater success in all parts of your life. You can practice new skills using the case studies, and then work towards creating your very own academic skills plan. A self-assessment tool at the beginning of the text helps you to identify behaviors and beliefs you may wish to change in order to achieve more of your potential. You have an opportunity to revisit your self-assessment at the conclusion of the text. Guided journal entries help you develop essential life skills by encouraging exploration of personal responsibility, self-motivation, interdependence, and self-esteem.

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- Binding: Paperback
- 384 pages

## Features

- Used Book in Good Condition

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#### Most helpful customer reviews

9 of 9 people found the following review helpful.

This should be the first text a college student is required to read

By Kenneth J. Kohutek

Beginning with the inside of the front cover which lists differences between "successful student" and "struggling student", this book is filled with information which will improve the performance of any student in college. While this should be on the "must read" for summer reading of new college students, it would be useful as a review and ways to improve for any student. There is a self-assessment tool which would point the student to areas of strengths and weaknesses found in the back of Chapter 1. By addressing areas of weaknesses first, this 300+ page book can be broken down to specific chapters. Once the student realizes the results of implementing the suggestions, it will be easy to incorporate the rest of the chapters into the reading schedule. Selected chapters address accepting personal responsibility (chapter 2), discovering self-motivation (chapter 3), and self-awareness (chapter 6).

This volume could be used in the freshman curriculum or bits incorporated into introductory courses already in place. I can see this being included as part of an introduction to psychology class. While the title addresses college, the lessons include topics which are relevant to success in life both during and after one's formal education.

Parts of this could, and should, be used in high school classes for those students who are motivated and wanting to further develop their academic and leadership skills.

I recommend placing a copy of this in every new student's trunk which is being packed for that adventure called "college".

10 of 10 people found the following review helpful.

Best book I've read on how to succeed in college and life!

By A Customer

As an educator, this is the book I wish I had written. The author is a great coach, persuasively urging readers to make wise choices that will change the outcome of their lives both in college and in life. I highly recommend this book to teachers and students alike.

4 of 4 people found the following review helpful.

You have got to be kidding me!

By Momma

Maybe it was because the book was a required text for an English class, and I thought that inappropriate, but I really did not like this book. Maybe it is because I am not a person who is able to have a serious conversation with my inner critic and then analyze the listening style of that that imaginary voice. I went into the course with an open mind, but after so many patronizing Dr.Phil-after-a-ripping-bong-hit style Journey Entry assignments, I was tired of having my time wasted. (The margins contain many Oprah quotes, so if you are a fan, dig in.) If you need a therapist, get a therapist. If you must have a book to help you succeed in life, try Seven Habits by Covey.

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