



Practicing College Learning Strategies

By Carolyn H. Hopper

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PRACTICING COLLEGE LEARNING STRATEGIES, Fifth Edition, combines practical application with learning strategies theory, and is an excellent motivational tool for teaching students how to learn. The textbook focuses on learning strategies that are supported by brain research and neuroscience, and helps instructors to instill confidence in students who may feel "stuck" in their academic progress. PRACTICING COLLEGE LEARNING STRATEGIES includes ample exercises and the inclusion of a "Survival Kit" -- a quick roadmap that provides an overview of keys to academic success to use in the first weeks of the semester. In addition, the structured activities and exercises guide students in the reflection process to make the information personal and useful and to provide practice opportunities. In the new edition, the author focuses on putting students in the driver's seat, teaching them how to use all of the tools that are at their disposal.

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Practicing College Learning Strategies By Carolyn H. Hopper Bibliography

- Sales Rank: #1661417 in Books
- Brand: Brand: Cengage Learning
- Published on: 2009-01-29
- Original language: English
- Number of items: 1
- Dimensions: .60" h x 8.40" w x 10.70" l, 1.45 pounds
- Binding: Paperback
- 320 pages

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