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By Skip Downing

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ON COURSE: STRATEGIES FOR CREATING SUCCESS IN COLLEGE AND IN LIFE, STUDY SKILLS PLUS, 3rd Edition, empowers you with the tools you need to take charge of your academic and lifelong success. A self-assessment at the beginning of the text helps you identify behaviors and beliefs you may wish to change in order to achieve more of your potential in college and in life. Through short articles and distinctive guided journal entries, the author encourages you to explore and develop eight keys to your success: personal responsibility, self-motivation, self-management, interdependence, self-awareness, lifelong learning, emotional intelligence, and self-esteem. As you develop these skills, you'll find yourself making more effective choices and achieving greater success. The "Toolbox for Active Learners" provides numerous study skills that will help you excel in all of your college courses. As you learn these new strategies, you'll have the opportunity to practice applying them to solve academic challenges. With improved critical and creative problem-solving, you'll be able to achieve greater success in all parts of your life. Another self-assessment before and after the "Toolbox for Active Learners" will show you how much you've learned about being an effective learner.

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Editorial Review

Review

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About the Author

Skip Downing is an international consultant in the field of faculty development and student success strategies. Dr. Downing has earned degrees from Princeton University, Johns Hopkins University, the University of Santa Monica, and Carnegie Mellon University. He holds advanced degrees in both English and counseling psychology. He was professor of English at Baltimore City Community College (BCCC) for 32 years. In addition to his role as an academic instructor, Dr. Downing created and coordinated BCCC's Student Success and Learning Community Programs. These programs teach students how to apply proven success strategies to achieve their full potential in college and in life. The College Success Program resulted in a significant increase in both student academic success and retention. Dr. Downing has made numerous presentations at national conferences and conducted faculty development workshops at many two- and four-year colleges and universities in the United States, Canada, Bermuda, and the Virgin Islands. Dr. Downing's teaching, writing, and consulting are all guided by his belief that the greatest mission of any educational institution is to empower its students to live rich, fulfilling lives. Since 1996, he has facilitated the On Course Workshops, intensive four-day retreats for college educators focusing on proven strategies for helping students become active, responsible partners in their education and achieve greater success in college and in life.

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