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Tara C. Dale, Mandi S. White

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these secrets direct to students Her message is that Any student can use simple straightforward strategies to start making A s in their courses and enjoy a lifetime of deep effective learning Beginning with explaining how expectations about learning and the study efforts required differ between college and secondary school the author introduces her readers through the concept of metacognition to the importance and powerful consequences of understanding themselves as learners This framework and the recommended strategies that support it are useful for anyone moving on to a more advanced stage of education so this book also has an intended audience of students preparing to go to high school graduate school or professional school In a conversational tone and liberally illustrated by anecdotes of past students the author combines introducing readers to concepts like Bloom s Taxonomy to illuminate the difference between studying and learning fixed and growth mindsets as well as to what brain science has to tell us about rest nutrition and exercise together with such highly specific learning strategies as how to read a textbook manage their time and take tests With engaging exercises and thought provoking reflections this book is an ideal motivational and practical text for study skills and first year experience courses

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