



## On Course: Strategies for Creating Success in College and in Life

By Skip Downing

Cengage Learning, Inc, United States, 2016. Paperback. Book Condition: New. 8th Revised edition. 232 x 188 mm. Language: English . Brand New Book. ON COURSE: STRATEGIES FOR CREATING SUCCESS IN COLLEGE AND IN LIFE empowers you with the tools you need to take charge of your academic and lifelong success. Now in its 8th edition, ON COURSE presents the choices that successful students make. 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. In addition, the Toolbox for Active Learners provides extensive coverage of study skills that will help you excel in all of your college courses. 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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