



Lifestyles for Learning: The Essential Guide for College Students and the People Who Love Them

By Susan Crowther

Skyhorse Publishing. Paperback. Book Condition: new. BRAND NEW, Lifestyles for Learning: The Essential Guide for College Students and the People Who Love Them, Susan Crowther, College is risky business. Life is hurled into never-before imagined freedom, independence, and choice. For many students, college brings challenges and changes in nearly every area of life--physical, physiological, emotional, social, residential, financial, spiritual, and sexual. College may well be the most volatile time in a person's life. Attending college is bad for your health. Statistically, young adults face more depression, anxiety, eating disorders, and drug addiction than in any other time in their lives. Schizophrenia emerges most often during this time. Suicide rate is highest between 16--21 years. A college student's lifestyle is a potential threat to their successful academic performance. The good news is that, with the right tools, students can create a college experience that is healthy, successful, and fits their own unique selves. Lifestyles for Learning explores the direct relationship between academic performance and key lifestyle factors: food, sleep, stress, movement, creativity, connection, addiction, and giving. It further discusses how lifestyle factors are challenged by learning disabilities and other co-occurring diagnoses, such as ADHD and behavioral disorders. Lifestyles for Learning offers...



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