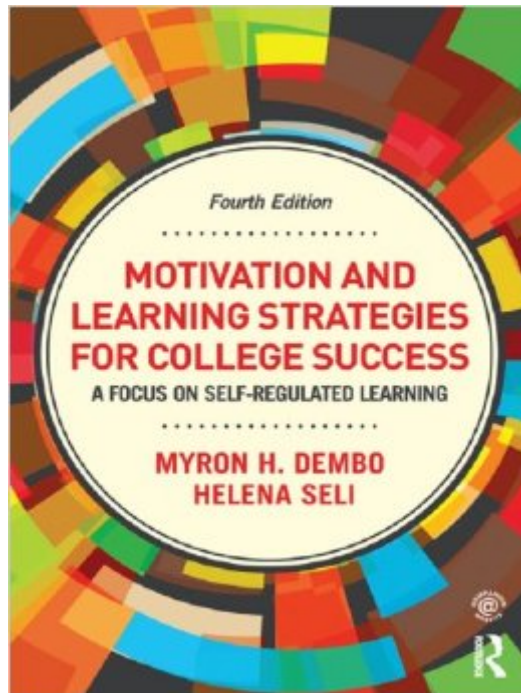


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# Motivation And Learning Strategies For College Success: A Focus On Self-Regulated Learning



## Synopsis

This popular text combines theory, research, and applications to teach college students how to become more self-regulated learners. Study skills are treated as a serious academic course of study. Students learn about human motivation and learning as they improve their study skills. The focus is on relevant information and features designed to help students to identify the components of academic learning that contribute to high achievement, to master and practice effective learning and study strategies, and then to complete self-regulation studies whereby they are taught a process for improving their academic behavior. A framework organized around six components related to academic success (motivation, methods of learning, time management, control of the physical and social environment, and monitoring performance) makes it easy for students to understand what they need to do to become more successful in the classroom. Pedagogical Features include Exercises; Follow-Up Activities; Student Reflections; Chapter-end Reviews ; Key Point; and a Glossary. New in the Fourth Edition: More emphasis on research findings; expanded discussion of motivation ; more emphasis on the impact of studentsâ™ use of social networking and technology; research about neuroscience in relationship to motivation and learning; new exercises, including web-based activities; Companion Website, including an Instructor's Manual

## Book Information

File Size: 20805 KB

Print Length: 368 pages

Simultaneous Device Usage: Up to 4 simultaneous devices, per publisher limits

Publisher: Routledge; 4 edition (December 12, 2012)

Publication Date: December 12, 2012

Sold by:Â Digital Services LLC

Language: English

ASIN: B00AYIKD6Y

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #257,290 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #104

inÂ Kindle Store > Kindle eBooks > Education & Teaching > Higher & Continuing Education > Adult

& Continuing Education #121 in Kindle Store > Kindle eBooks > Education & Teaching > Teacher Resources > Education Theory > Educational Psychology #130 in Kindle Store > Kindle eBooks > Education & Teaching > Studying & Workbooks > Study Skills

## Customer Reviews

good book for my psyc class

Awesome book!!!

It was great!

This book really helps you learn how to study, especially if you are a college student. It helps even more so if you go to a higher education university.

Thank you! The book shipped a day before restocking. I am so happy! Wonderful service. Brand new and perfectly in shape

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