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The Study Skills Handbook by Stella Cottrell

Stella Cottrell is an international bestselling author, with over a million sales worldwide.Her other titles include The Study Skills Handbook, Critical Thinking Skills, Skills for Success, The Macmillan Student Planner, The Exam Skills Handbook and Mindfulness for Students.Stella was formerly Director of Lifelong Learning at the University of Leeds, and Pro Vice-Chancellor for Learning and ...

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THE ORIGINAL AND BEST – BY THE MILLION COPY BESTSELLING AUTHOR If you are serious about succeeding with your studies, The Study Skills Handbook is for you! Stella Cottrell has helped hundreds of thousands of students to make learning easier, faster and more enjoyable. Recognising that we all have our own unique formula for success, her tried and trusted approach allows you to find the key to unlock your potential and develop the skills you need to improve your grades, build your confidence and plan for the future you want. This fully revised fourth edition features: • Chapters on all the core study skills – including research, critical thinking, academic writing, revision, team work and more • E-learning coverage throughout • Illustrations and a strong visual design – acting as memory joggers, reinforcing learning and making the book more accessible, fun and engaging • Lots of new material including brand new chapters on student success and time management No matter whether you have just left school or MA26, whether you are a mature, part-time or international student, The Study Skills Handbook is your passport to success.

Is there a secret to successful study?The answer is 'yes'! There are some essential skills and smart strategies that will help you to improve your results at university. Using proven techniques and tips to help you focus your efforts and develop successful study skills and strategies, THE STUDY SKILLS BOOKprovides practical answers to questions such as: What do lecturers expect from you in a tutorial? What's the best way to plan an essay or dissertation? Where should you concentrate your efforts for maximum impact? This book is an essential practical resource for all students who want to improve their performance and succeed in their studies: All key study skills are covered including essay writing, revision and exams, tutorials, and dissertations Practical solutions are presented for the most common problems A common-sense, no-nonsense approach is offered using practical checklists and tips This handbook has been written by experts and extensively tested on students to help you focus your efforts, troubleshoot your problems and thrive at university. "Every aspect of university life is covered – my tip to other students is to have this book on their desk and use it – (it) has been a great help", Sarah Scott, Student "This book really is a must have for any first year student!!! Easy to read, intelligent and the best help a first year could ever want!", Alastair Ross, Amazon reviewer "This book really will be a godsend to you during your time at university. It's like my bible now - I'm so glad I bought it!", Fi Wordsworth, Amazon reviewer

Following-on from The Study Skills Handbook, this book enables students to think about personal, academic and career goals and to plan a path to success. Rich in activities that develop valuable career skills, this edition has a new chapter on Understanding your Personal Performance, and updated information on job applications.

The new edition of Group Work adds a focus on diversity and the use of self in group work, an area too often neglected in professional training but essential to meeting current competence standards set by the Council on Social Work Education. As in previous editions, students and professors will find thoughtful analyses of complicated value dilemmas and specific techniques for use in a diverse range of settings, including confrontations and situations where humor is appropriate. Complete with more games and exercises, an updated discussion of values and ethics, and an expanded skills section, Group Work also contains excerpts and discussions of case studies that can be applied to students' own experiences and will serve as a valuable references for years to come.

"We would heartily recommend the book to students who are at the beginning of their studies." Maxine Fletcher, Lecturer, Oxford Brookes "This book's crammed full of very useful topics, information and exercises that I've never seen before, especially in the section on research, which I particularly liked." Joel, Student, Keele University Competition for graduate jobs has never been so fierce. The Ultimate Study Skills Handbook will help you succeed from the first week of your studies through to graduation. Covering all the core skills you will need to help you make the most of your university course, The Ultimate Study Skills Handbook is your key to success. This is the handbook of techniques, tips and exercises. Written by a team of experts and tested on students, the advice in this book will help you to improve your grades, save time and develop the skills that will make you stand out to prospective employers. Whichever subject you are studying, this practical and concise book will help you find your individual learning style and tell you exactly what you need to know to excel as a student: Working out the best way for you to learn Doing your research Presentations Revising for exams Improving your critical thinking skills Managing your time

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Studying and learning don't have to be chores that you dread. Discover how to make the process fun, easy, and successful. Studying and learning, especially in the rigid confines of school, can be tough to say the least. Use this book to decode exactly how to make it work for you. You'll discover the strategies to rocket to the top of your class. How to double your learning, memory, and testing capabilities. The Study Skills Handbook teaches us about great students. Are they all baby Einsteins? No, they simply have practiced the types of tips in this book. This type of academic success is learnable, but you have to know the code first. Consider this book the code to your academic wellbeing. You will blast your competition and set the curve in each class. How to simply become a better student - at anything inside or outside the classroom. Peter Hollins has studied psychology and peak human performance for over a dozen years and is a bestselling author. He has worked with a multitude of individuals to unlock their potential and path towards success. His writing draws on his academic, coaching, and research experience. Not just for students - for parents, educators, teachers, professors, autodidacts, etc. Optimal exam day strategies - even if you haven't crammed enough How to make the most of your classroom time by being less passive Your perfect study environment to absorb info Convenient and easy memory techniques to memorize anything What an exam and class postmortem are and how they can help you.

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