



Motivation and Learning Strategies for College Success

Myron H. Dembo, Helena Seli

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Finally... a different type of learning and study skills textbook!

This one-of-a-kind text teaches college students how to become more self-directed learners. Students learn about human motivation and learning as they improve their study skills.

A framework organized around six components related to academic success--motivation, methods of learning, time management, control of the physical and social environment, and performance--makes it easy for students to understand what they need to do to become more successful in the classroom.

Study skills are treated as a serious academic course--theory and research to help learners understand what factors determine or influence successful learning are combined with effective, field-tested exercises, follow-up activities, and appendices that assist students in observing and changing their own behavior.

Motivation and Learning Strategies for College Success: A Self-Management Approach does not offer "recipes" for success, lists of "quick tips," or fancy design elements. Rather, the focus is on relevant information and carefully designed features 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-management studies whereby they are taught a process for improving their academic behavior.

*A model based on the six components students need to control to become successful learners is used to organize the content of the textbook. This organization makes it easier for students to understand what factors determine their academic success and what they need to do to change their behavior.

*An overview of important research and theory helps students understand the reasons why they are asked to use different study and learning strategies. Students are more motivated to learn when *their* study skills course is conducted as a real academic course, not as a remedial experience.

*Exercises in each chapter help students observe and evaluate their own learning and study skills, and detailed follow-up activities at the end of each chapter engage students in applying the content to their own academic learning. The purpose of these experiences is to encourage self-observation and evaluation--an important first step in changing behavior.

*Beginning in Chapter 3, the first follow-up activity identifies a topic to include in a *self-management study*. The appendices provide information on how to conduct such a study, along with three examples of self-management studies conducted by students.

*Student Reflections sections in each chapter allow students to read about the experiences of others students as they attempt to change their behavior and become more successful in college.

*Reviews of specific procedures for using each learning strategy are provided at the end of each chapter. This aid is particularly useful for students when they need a quick review of how to implement a given strategy.

*Key Points at the end of each chapter highlight the important ideas.

*A Glossary of key terms is provided; key terms are presented in bold the first time they appear in the text.

*A separate *Instructor's Manual* includes lecture notes, exercises, and test questions. In addition, it provides information to help students develop a motivation and learning strategies portfolio and conduct a self-management study to improve their learning and study skills.

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