



# Motivation and Learning Strategies for College Success: A Self-Management Approach

*Myron H. Dembo, Helena Seli*

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Dembo, Helena Seli

If you haven't used *Motivation and Learning Strategies for College Success* in your study skills course, it's time for a change! This popular text combines theory, research, and applications to teach college students how to become more self-directed learners. Study skills are treated as a serious academic course. Students learn about human motivation and learning as they improve their study skills. The text does *not* offer "recipes for success" or lists of "quick tips." 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-management 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:

- \***Exercises** help students observe and evaluate their own learning and study skills.
- \***Follow-Up Activities** guide students to apply the content to their own academic learning.
- \***Designated Follow-Up Activities** help students identify topics to include in **Self-Management Studies**.
- \***Appendices** provide information on how to conduct these studies, and examples of studies conducted by students in a "learning to learn" course.
- \***Student Reflections** allow students to read about the experiences of other students as they attempt to change their behavior and become more successful students.
- \***Chapter-end Reviews** provide a quick guide to specific procedures for implementing a given strategy.
- \***Key P**



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