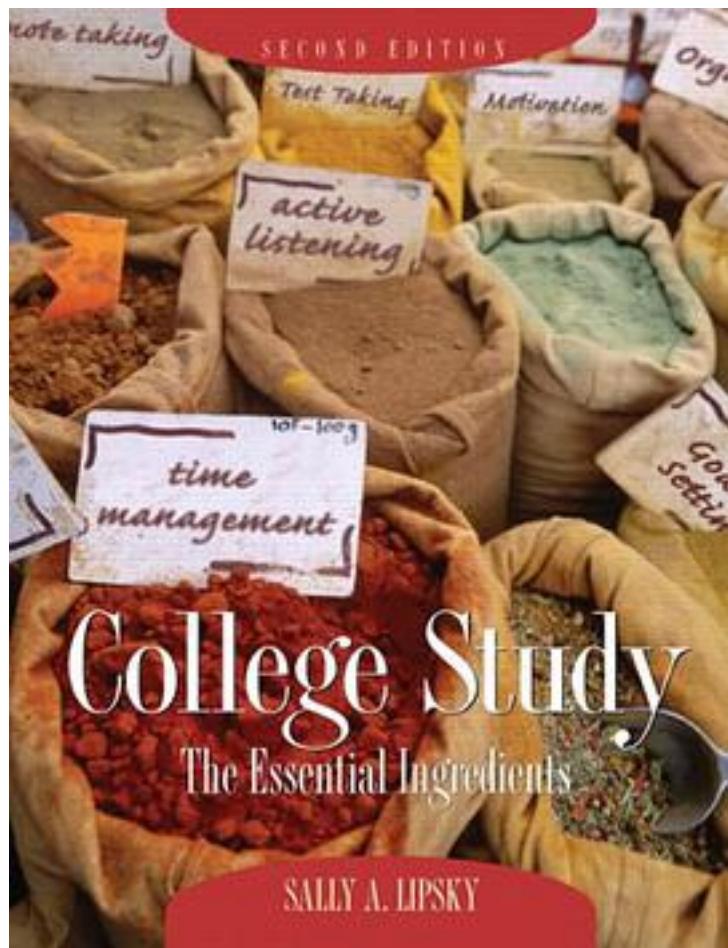


# College Study



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Complete and balanced, with essential coverage of learning, study, and time-management techniques, this book exposes readers to "how" to learn. Content is presented in such a way as to guide readers to become self-regulating learners and

problem-solvers. Topics covered include strategies, learning attitudes, and learning styles, as well as time management. This book is a useful reference for those readers needing to brush up on their learning and time-management skills, making it a perfect tool for those going back into the workforce, or those readers considering continuing education.

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