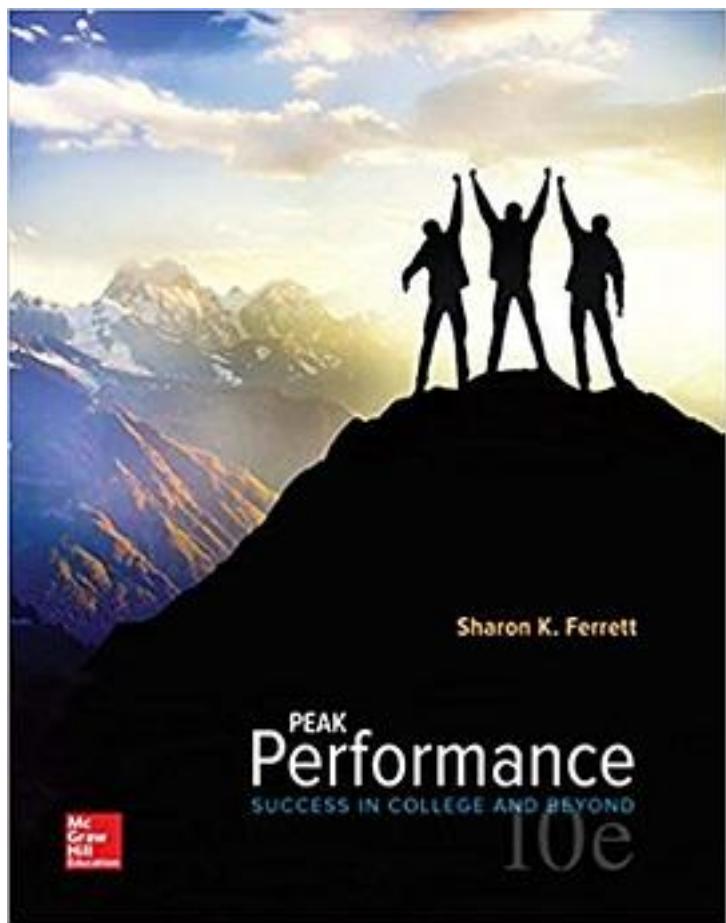


Peak Performance: Success in College and Beyond



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This is a revision ten editions in the making! We pulled out all the stops to commemorate ten editions of teaching students how to reach their peak performance and succeed in school and life.

Peak Performance delivers the essential tools for managing time and resources by showing students how to:

Empower themselves to feel that they belong in college and that the tools for success are all around them

Learn how habits work and how to replace counter-productive habits with positive habits that will help them in college and beyond

Learn to integrate all learning styles for maximum success

Learn how to seek out support and resources on campus for challenges new students face, and remain persistent in pursuit of their goals

Relate what they are exploring now to future success on the job

Strive to cultivate the qualities, habits, and skills of peak performers

作者介绍:

目录:

[Peak Performance: Success in College and Beyond_下载链接1](#)

标签

学习

大学学习

评论

补

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书评

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