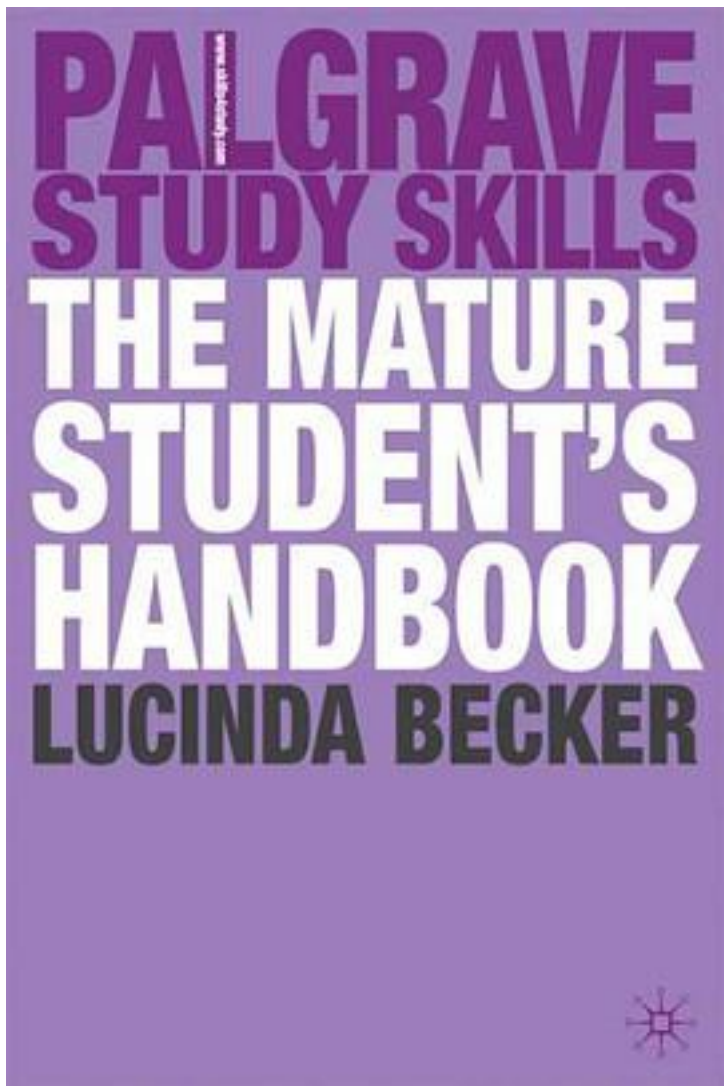


The Mature Student's Handbook



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This is a practical workbook to enable success as a mature student. It is a comprehensive guide that covers essential topics from time management and note-taking to exams and careers. It includes practical exercises, time saving hints and advice for maximizing potential. Following are the features: practical workbook format allows readers to record their achievements and strategies for success; full of real examples and everyday challenges; draws on the experiences of many mature students; and, the opportunities open to mature students are explored and explained. A practical guide allowing mature students to build on their strengths and overcome challenges. It includes worked examples, exercises and space for recording strategies and successes. It covers areas such as lectures, seminars, reading and note-taking, presentations, writing, exams, time management, finance and careers.

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