

# Essential Study Skills



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"Essential Study Skills, 5/e", provides in-depth coverage of study skills with ample room for practice and application. Appropriate for students at both 2-year and 4-year schools including adult learners, this text can be adapted to any learning style and follows a step-by-step approach that guides students through the process of learning the skills necessary for college success. The Fifth Edition includes the contemporary working memory model, which lays the foundation for and allows the development of meta-cognition, enabling students to assume responsibility for their own learning, skill development and behaviours that lead to academic success. The most noteworthy enhancement to the Fifth Edition is the inclusion of a complete chapter from a Houghton Mifflin introductory psychology textbook in the appendix. The excerpted selection is integrated throughout the text in chapter exercises, allowing for instant application of the concepts presented. This unique feature increases the hands-on, practical qualities that distinguish this text and acts as a tool students can use to develop their learning potential.

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