



Learning and Motivation Strategies: Your Guide to Success (2nd Edition)

Bruce W. Tuckman, Dennis A. Abry, Dennis R. Smith

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This hands-on volume teaches readers how to learn on their own and how to motivate *themselves*. It features a highly user-friendly style and an open, nontraditional look and approach. A consistent set of psychological principles--embodied in four major strategies and eight substrategies--are used throughout the book as unifying themes in exploring the various keys to achievement. Incorporates self-surveys, quick practices, applications, assignments, self-assessments, and portfolios. Introduction to Individual Learning and Motivation. The Keys to Achievement. Procrastination--The Thief of Time. Believing in Yourself--Self-Confidence. Taking Responsibility--It's up to You. Active Listening--Learning from Lecture. Active Reading--Learning from Text. Preparing for Exams. Preparing Papers and Speeches. Managing your Life in School. Relationships that Work. Planning for Your Future. For anyone interested in optimizing their study skills and strategies.

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