

## Course Study Skills Plus Edition Downing

Starting university can be a daunting prospect, as students come to grips with new ways of working, learning and thinking. Studying sport at university poses particular challenges, with students often engaged in playing or coaching sport alongside their studies and having unconventional working patterns. Study Skills for Sport Studies is the only complete guide to degree-level study to be written specifically for students on sport-related courses, outlining the core academic competencies needed to succeed at university. The textbook offers tips and techniques for all aspects of higher education, including time management, critical thinking, academic research and writing, e-learning, presentations, group work and exams. The practical processes are supported by sports-related examples, and each chapter ends with useful exercises to test your skills as well as reflect on your prior learning experiences. Designed as either a self-paced text or a companion to an introductory class, Study Skills for Sports Studies demystifies the academic skills needed to succeed and helps you make the most of your time at university.

Studying successfully at high school, college or university requires more than discipline, diligence and determination. Students must also come to grips with a crucial range of essential skills if they wish to turn toil into triumph. Study Skills for Successful Students shows you how to improve your learning skills and performance.

"Contains material adapted from The everything guide to study skills, by Cynthia Clumeck Muchnick"--T.p. verso.

The Study Skills Revolution

Essential Health and Safety Study Skills

Strategies for Creating Success in College and in Life, Study Skills Plus

Straight-A Study Skills

Study Skills for Foundation Degrees

Do I Really Need This Stuff?

An accessible, student-friendly handbook that covers all of the essential study skills that will ensure that students get the most out of their Nursing or Healthcare course.. Study Skills for Nursing & Healthcare Students has been developed specifically to provide tried & tested guidance on the most important academic and study skills that students require throughout their time at university and beyond. Presented in a practical and easy-to-use style it demonstrates the immediate benefits to be gained by developing and improving these skills during each stage of their course.

This concise text which contextualises study skills within the specific discipline of management helps students to understand the

structure and nature of management, academic practices and their relevance to the workplace, and also the importance of reflective practice.

"Learn how to learn more effectively! This comprehensive text helps you identify your learning style and select the most appropriate learning strategies for you. With hands-on self assessment tools and examples of how different learning strategies are applied, this book will help you get the most out of the college learning experience!"--Back cover.

The Study Skills Book eBook

One Robe, One Bowl

College Study Skills

Study Skills for Nursing and Healthcare Students

Teaching Comprehension for Engagement, Understanding, and Building Knowledge, Grades K-8

Study Skills For Business And Management Students

*And You Thought Getting into College Was Hard . . . Students who assume they can figure out college on the fly often learn things the hard way—they look back and think, “If only I’d known this from the start!” College Rules! will save you the time and trouble, setting you up for academic success from the get-go. Lesson #1: College is different from high school, and even those who were at the top of their class will need practical advice on how to successfully transition to college life. This updated and expanded third edition of College Rules! reveals strategies that aren’t taught in lectures, including how to: Study smarter—not harder Plan a manageable course schedule Master e-learning technologies Interact effectively with profs Become a research pro—at the library and online Organize killer study groups Feel engaged—even in “yawn” courses Survive the stresses of exam week Succeed even as an alternative or adult student Set yourself up for stellar recommendations Saving time, energy, and aggravation by doing everything right the first time will free you up for that pizza break, ultimate frisbee game, or ski trip even quicker. Why? Because College Rules!*

*In this new edition of their groundbreaking book Strategies That Work, Stephanie Harvey and Anne Goudvis share the work and thinking they've done since the second edition came out a decade ago and offer new perspectives on how to explicitly teach thinking strategies so that students become engaged, thoughtful, independent readers. Thirty new lessons and new and revised chapters shine a light on children's thinking, curiosity, and questions. Steph and Anne tackle close reading, close listening, text complexity, and critical thinking in a new chapter on building knowledge through thinking-intensive reading and learning. Other fully revised chapters focus on digital reading, strategies for integrating comprehension and technology, and comprehension across the curriculum. The new edition is organized around three sections: Part I provides readers with a solid introduction to reading comprehension instruction, including the principles that guide practice, suggestions for text selection, and a review of recent research that underlies comprehension instruction. Part II contains lessons to put these principles into practice for all areas of reading comprehension. Part III shows you how to integrate comprehension instruction across the curriculum and the school day, particularly in science and social studies. Updated bibliographies, including the popular "Great Books for Teaching Content," are accessible online. Since the first publication of Strategies That Work, more than a million teachers have benefited from Steph and Anne's practical advice on creating classrooms that are incubators for deep thought. This third edition is a must-have resource for a generation of new teachers--and a welcome refresher for those with dog-eared copies of this timeless guide to teaching comprehension. ON COURSE: STRATEGIES FOR CREATING SUCCESS IN COLLEGE, CAREER, AND LIFE, 9th Edition, empowers students to take charge of their*

## Where To Download Course Study Skills Plus Edition Downing

*academic and lifelong success. Through short articles and guided journal entries, Skip Downing and new co-author Jonathan Brennan encourage students to explore and develop eight non-cognitive qualities that help them make wise choices and create success, such as personal responsibility and emotional intelligence. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.*

### *Essential Study Skills*

*College Study Skills: Becoming a Strategic Learner*

*How to Study, Survive, and Succeed in College*

*Strategies You Can Incorporate Into Any Course to Improve Student Metacognition, Study Skills, and Motivation*

*Strategies, tips, and tools you need to succeed in school!*

*Headway Academic Skills: Introductory: Reading, Writing, and Study Skills Student's Book*

ON COURSE: STRATEGIES FOR CREATING SUCCESS IN COLLEGE AND IN LIFE, STUDY SKILLS PLUS EDITION was created for educators who would like to promote student growth and self-awareness, and whose goal it is to empower their students while providing more extensive instruction in study skills. The Study Skills Plus Edition engages students in a learner-centered construction of study skills knowledge, and gives students practice in applying empowerment strategies. The ON COURSE STUDY SKILLS PLUS EDITION demonstrates the choices that successful students make. This new text highlights the very process of learning how to solve academic challenges with improved study skills so that students learn the empowering process of critical and creative problem solving that will enable them to achieve greater success in all parts of their lives. This is accomplished through case studies, where students can apply strategies they learn to scenarios before creating their own academic skills plan. A self-assessment tool at the beginning of the text helps students to identify behaviors and beliefs they may wish to change in order to achieve more of their potential in college and in life. Students have an opportunity to revisit their self-assessment at the conclusion of the text. Written in a positive, motivational style, ON COURSE empowers students with the tools they need to take charge of their success in college and in life. Downing ' s powerful guided journal entries are retained from the ON COURSE text to help students develop essential life skills by encouraging exploration of personal responsibility, self-motivation, interdependence, and self-esteem.

Develop the Skills to Learn Anything Faster, Easier, and More Effectively Written by the creators of the #1 bestselling course of the same name, this book will teach you how to "hack" your learning, reading, and memory skills, empowering you to learn everything faster and more effectively. What Would You Do If You Could Learn Anything 3 Times Faster? In our rapidly changing and information-driven society, the ability to learn quickly is the single most important skill. Whether you're a student, a professional, or simply embarking on a new hobby, you are forced to grapple with an every-increasing

amount of information and knowledge. We've all experienced the frustration of an ever-growing reading list, struggling to learn a new language, or forgetting things you learned in even your favorite subjects. This Book Will Teach You 3 Major Skills: Speed reading with high (80%+) comprehension and understanding Memory techniques for storing and recalling vast amounts of information quickly and accurately Developing the cognitive infrastructure to support this flood of new information long-term However, the SuperLearning skills you'll learn in this course are applicable to many aspects of your every day life, from remembering phone numbers to acquiring new skills or even speaking new languages. Anyone Can Develop Super-Learning Skills This course is about improving your ability to learn new skills or information quickly and effectively. We go far beyond the kinds of "speed reading" (or glorified skimming) you may have been exposed to, diving into the actual cognitive and neurological factors that make learning easier and more successful. We also give you advanced memory techniques to grapple with the huge loads of information you'll soon be able to process. "This book should be the go-to reference for anyone looking to upgrade their mind's firmware!" -Benny Lewis, Language Learning Expert Learn How to Absorb and Retain Information in a Whole New Way - A Faster, Better Way The Authors' Proprietary Method for Teaching Speed Reading & Memory Improvement

^ You may have even taken a normal speed reading course in the past, only to realize that you didn't retain anything you read. The sad irony is that in order to properly learn things like speed reading skills and memory techniques in the past, you had to read dozens of books and psychological journals to decode the science behind it. Or, you had to hire an expensive private tutor who specializes in SuperLearning. That's what I did. And it changed my life. Fortunately, my co-authors (experts and innovators in the fields of superlearning, memory improvement, and speed reading) agreed to help me transform their materials into the first ever digital course. Over 25,000 satisfied students later, we have transformed our course into a book you can enjoy anywhere. Our teaching methodology relies heavily on at-home exercises. The chapters themselves are only part of what you're buying. You will be practicing various exercises and assignments on a regular basis over the course a 7 week schedule. In addition to the lectures, there are hours of supplemental video and articles which are considered part of the curriculum. "This vital book contains all the tools needed to learn, memorize, and reproduce anything you want with the joy that ease brings. Don't take another class until you've read it!" -Dr. Anthony Metivier, Author & Memory Expert If you wish to improve memory and concentration, learn more effectively, read faster, and learn the techniques of memory champions - look no further! An awesome read that will push the limits of your brain. Levi does an incredible job of guiding you through, to bring your brain from average to UNSTOPPABLE!" -Nelson Dellis, 4-Time USA Memory Champion "College Reading and Study Skills" teaches reading, critical thinking and study skills for today's diverse students, encouraging them to apply these integrated skill sets to their coursework and future academic success." "Kathleen

McWhorter wrote "College Reading and Study Skills," primarily, for courses that are half reading, half study skills. Emphasizing comprehension and metacognition, "College Reading and Study Skills" approaches reading and study skills as essential skills necessary for college success. The text focuses on reading and learning as a cognitive process, encouraging students to approach reading as an active mental process of selecting, processing, and organizing information to be learned.

Strategies That Work, 3rd Edition

Acp on Course Study Skills Plus Edition

Study Skills for Mature, Distance, and Workplace Learners

On Course Study Skills Plus + Mindtap College Success, 1 Term 6 Month Printed Access Card

A Teaching Programme for Students in Schools and Colleges

College Reading and Study Skills

***Master your lifelong learning and professional development with this essential guide to overcoming challenges, beating procrastination, and successfully managing your studies alongside work, family and other priorities.***

***Is there a secret to successful study? The answer is 'yes'! There are some essential skills and smart strategies that will help you to improve your results at university. Using proven techniques and tips to help you focus your efforts and develop successful study skills and strategies, THE STUDY SKILLS BOOK provides practical answers to questions such as: What do lecturers expect from you in a tutorial? What's the best way to plan an essay or dissertation? Where should you concentrate your efforts for maximum impact? This book is an essential practical resource for all students who want to improve their performance and succeed in their studies: All key study skills are covered including essay writing, revision and exams, tutorials, and dissertations Practical solutions are presented for the most common problems A common-sense, no-nonsense approach is offered using practical checklists and tips This handbook has been written by experts and extensively tested on students to help you focus your efforts, troubleshoot your problems and thrive at university. "Every aspect of university life is covered - my tip to other students is to have this book on their desk and use it - (it) has been a great help", Sarah Scott, Student "This book really is a must have for any first year student!! Easy to read, intelligent and the best help a first year could ever want!", Alastair Ross, Amazon***

***reviewer "This book really will be a godsend to you during your time at university. It's like my bible now - I'm so glad I bought it!", Fi Wordsworth, Amazon reviewer***  
***Studying for exams, working in teams, writing detailed yet succinct reports and importantly time management aren't second nature to most, so this book provides clear guidance and will be an essential tool for anyone taking a health and safety course. For many students the learning experience will be a return to studying after some considerable time so this book combines practical advice with helpful exam-related information. Case studies and activities based on key health and safety topics that are covered by most Awarding Bodies Guidance on how to take both multiple-choice and written exams; with details on how to answer the action verbs, used in exams questions; including identify and outline Key principles teach how to Receive the information; Remember the information; and Recall the information for your exam***  
***Study Skills For Dummies***

***On Course Study Skills Plus Edition***

***Journal and Workbook***

***College Rules!, 3rd Edition***

***Become a SuperLearner***

***Teach Students How to Learn***

**A surprisingly simple way for students to master any subject--based on one of the world's most popular online courses and the bestselling book A Mind for Numbers A Mind for Numbers and its wildly popular online companion course "Learning How to Learn" have empowered more than two million learners of all ages from around the world to master subjects that they once struggled with. Fans often wish they'd discovered these learning strategies earlier and ask how they can help their kids master these skills as well. Now in this new book for kids and teens, the authors reveal how to make the most of time spent studying. We all have the tools to learn what might not seem to come naturally to us at first--the secret is to understand how the brain works so we can unlock its power. This book explains: • Why sometimes letting your mind wander is an important part of the learning process • How to avoid "rut think" in order to think outside the box • Why having a poor memory can be a good thing • The value of metaphors in developing understanding • A simple, yet powerful, way to stop procrastinating Filled with illustrations, application questions, and exercises, this book makes learning easy and fun.**

**Students need to learn to manage their time, organise their studies, understand, learn, and convey a lot of information – and they need to learn to do it quickly. Whether you're fresh out of school, or a mature student returning to education,**

**you now don't need to feel alone! With Study Skills For Dummies, you'll be given the know-how and confidence to achieve consistent results every time – and a lack of preparation will become a thing of the past. Discover how to excel at: Note-taking, speed-reading and essay-writing Improving your memory, critical thinking and analysis Using the internet to supplement study Exam skills and developing the best learning strategy to fit your specific needs and abilities**

**ON COURSE: STRATEGIES FOR CREATING SUCCESS IN COLLEGE AND IN LIFE, STUDY SKILLS PLUS, 3rd Edition, empowers you with the tools you need to take charge of your academic and lifelong success. A self-assessment at the beginning of the text helps you identify behaviors and beliefs you may wish to change in order to achieve more of your potential in college and in life. Through short articles and distinctive guided journal entries, the author encourages you to explore and develop eight keys to your success: personal responsibility, self-motivation, self-management, interdependence, self-awareness, lifelong learning, emotional intelligence, and self-esteem. As you develop these skills, you'll find yourself making more effective choices and achieving greater success. The Toolbox for Active Learners provides numerous study skills that will help you excel in all of your college courses. As you learn these new strategies, you'll have the opportunity to practice applying them to solve academic challenges. With improved critical and creative problem-solving, you'll be able to achieve greater success in all parts of your life. Another self-assessment before and after the Toolbox for Active Learners will show you how much you've learned about being an effective learner. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.**

**This Book Will Not Be on the Test**

**More Than 200 Essential Strategies to Ace Your Exams, Boost Your Grades, and Achieve Lasting Academic Success**

**The Return to Study Handbook**

**Becoming a Strategic Learner**

**Learning How to Learn**

**The Everything Guide to Study Skills**

**This is the ultimate guide to study skills, written by million copy bestselling author Stella Cottrell. Her tried and tested approach, based on over 20 years' experience of working with students, has helped over a million students to achieve their potential. When it comes to studying, there is no one-size-fits-all approach. This engaging and accessible guide shows students how to tailor their learning to their individual needs in order to boost their grades, build their confidence and increase their employability. Fully revised for the fifth edition, it contains everything students need to succeed. This is an invaluable resource for undergraduate students of all**

disciplines, and is also ideal for postgraduates, mature students and international students. It prepares students for what to expect before, during and after their studies at university. New to this Edition: - Additional material on writing skills, including proofreading, editing and writing for different assignments - New chapters on managing stress and student wellbeing at university, learning in diverse and international contexts and writing essays - More emphasis on reflective learning - Extended guidance on how to balance study with work - More use of visuals to summarise key learning points

This indispensable guide shows students what successful academic writing involves and gives them the tools they will need to write successfully themselves. It separates fact from fiction and takes students through the five essential elements of academic writing: writing critically, using sources, developing your own voice, having a clear structure and style and editing drafts. This book is an essential resource for students making the transition to university-level study and a valuable reference point for all students doing academic study in English. It is suitable for students of all disciplines, from education and business through to social work and psychology.

New to this Edition: - Updated and revised throughout, with new essay extracts and examples, including a new social science example - New guidance on report assignments

Here's something worth learning: Studying doesn't have to be a chore! This fun and accessible resource provides the tools you need to develop better study habits, boost your grades, and position yourself for academic success. Educational consultant Cynthia Clumeck Muchnick uses a wide range of ideas taken from hundreds of students to help you find a unique, effective method suited for your individual learning style. You'll improve transcripts for college applications, ace standardized tests, and become a better student at any level of education. This indispensable guide shows you how to: Get the most out of class time Use the best strategies for note-taking and memorizing Improve writing skills Prepare completely for tests Safely and effectively conduct online research Use Skype, iChat, or social media to form study groups With this guide in your backpack, you'll be able to balance school and activities, avoid pre-test panic, and achieve consistently better results.

Custom on Course Study Skills Plus Edition

Headway academic skills. Listening, Speaking, and Study Skills : Level 3 : Teacher ?s guide

On Course, Study Skills Plus Edition + General Mindlink for Mind Tap College Success Printed Access Card Pkg  
College Reading and Study Strategies

### On Course

A market leader for the study skills course, COLLEGE STUDY SKILLS: BECOMING A STRATEGIC LEARNER, Seventh Edition is a wide-ranging, practical text that focuses on helping students become actively engaged in their own learning. The text incorporates active learning strategies to help students succeed in college by introducing a strategy, allowing them to practice it, and having them do self-assessments to gain feedback on their own success. This variety of strategies and activities, as well as authentic and engaging text material from numerous core subject areas, gives students opportunities to apply what they are learning to their course work in other college classes. The Seventh Edition has a new focus on motivation. Chapter (1) Getting Motivated focuses on the importance of motivation in college success. More information on the causes of motivation problems and strategies for increasing motivation are also included, and each of the chapters that follow in the text strengthens the connection between motivation and the strategies that are presented, so that students continue to increase their motivation throughout the course. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

On Course Study Skills Plus Edition Cengage Learning

Includes CD-Rom There are many 'Do-it-Yourself' manuals for students and young people experiencing study skills problems. However, if this group of young people could study these books then they would already have the skills necessary! In order to use a self help manual the student needs internal motivation, the ability to self-instruct from text and the ability to put the learned strategy into place... but these are the same attributes that these students find difficult. In this book, Pat Guy provides a series of lesson plans making up a taught study skills course for secondary schools, sixth forms, FE colleges and Pupil Referral Units. She shows the reader how to teach, through self assessment, practice and confidence-building techniques, the techniques and self management required to achieve independent study skills. All the activities and worksheets, including revision and exam tips for the students, are easily printable from the accompanying CD-rom. The sessions can be delivered by teachers, tutors, Learning Mentors, or anyone whose aim is to improve attendance and achievement in older students. Pat Guy has taught for over twenty years in LEA and secondary schools in Outer London, Northamptonshire, Birmingham and Bedfordshire as a class teacher, subject teacher, SEN support, SENCO and advisory teacher.

How to Succeed in School Without Spending All Your Time Studying; A Guide for Kids and Teens

Strategies for Creating Success in College and in Life

On Course: Strategies for Creating Success in College, Career, and Life

On Course Study Skills Plus

Study Skills for Sports Studies

The Study Skills Handbook

**This Book Will Be on the Test** helps students make the most of their college investment by solving their academic, motivational, and career concerns with study skills, teaches students how to earn better grades in less time and shows parents what they can expect from their kids' college experiences.

**Study Skills for Foundation Degrees** offers a step-by-step guide to the skills needed to successfully complete a Foundation Degree. Filled with activities and useful tips, it will help students to move from nervous novice to confident expert and provide them with the necessary tools to accomplish this. By

reading this book, students will be able to learn new skills and enhance existing ones. This third edition has been fully updated and features new chapters on e-learning and dissertations as well as expanded sections on ethics, feedback and referencing. Each chapter includes practical guidance as well as student perspectives that will help students through their course of study. It includes advice on how to support learning, boost motivation and enhance time management, and covers all the essential skills required for successful study, including: Effective reading and note-taking strategies Developing oral skills in a wide range of presentation settings, including what makes a good presentation and how each stage of the process can be prepared for Carrying out well-planned, methodologically sound and well-written research Preparing for examinations and other forms of assessment Producing a professional development portfolio or winning CV Highly accessible, this new edition is an essential resource for all Foundation Degree students who want to get the most out of their course, mature students or anyone with limited or no experience of academic study.

This workbook will work hand in hand with the On Course book by Skip Downing and the lectures that are done in class at BYU - Idaho.

Writing for University

Study and Life Skills

Learn Speed Reading & Advanced Memorization

On Course Study Skills Plus Ed. + Lms Integrated for Mindtap College Success, 1 Term 6 Month Printed Access Card

Study Skills

Study Skills for Successful Students

ALERT: Before you purchase, check with your instructor or review your course syllabus to ensure that you select the correct ISBN. Several versions of Pearson's MyLab & Mastering products exist for each title, including customized versions for individual schools, and registrations are not transferable. In addition, you may need a CourseID, provided by your instructor, to register for and use Pearson's MyLab & Mastering products. Packages Access codes for Pearson's MyLab & Mastering products may not be included when purchasing or renting from companies other than Pearson; check with the seller before completing your purchase. Used or rental books If you rent or purchase a used book with an access code, the access code may have been redeemed previously and you may have to purchase a new access code. Access codes Access codes that are purchased from sellers

other than Pearson carry a higher risk of being either the wrong ISBN or a previously redeemed code. Check with the seller prior to purchase. -- Immediately has the student address an age-old question, "Why do I have to take this course?", through assessment of strengths and weaknesses and critically applying what is relevant to their situation. Study Skills poses assessment of strengths and weaknesses allow students to self-identify what they already do well as a whole and what they need to improve, then take shorter assessments specific to the study skill topic of each chapter. Chapter opening situations are presented through crisply written 'problem based learning' vignettes to engage in critical thinking and is referenced in key points to reinforce the R.E.D. model. Each chapter concludes with the reader asked to critically apply objectives and strategies and propose a plan for the student in the scenario, again 'problem based learning'. Priority management is a key feature and distinct from time management, as well as Information literacy coverage including social media and how to write for social media - strong and timely. 0321944151 / 9780321944153 Study Skills: Do I Really Need This Stuff? Plus NEW MyStudentSuccessLab 2013 Update -- Access Card Package Package consists of: 0132789515 / 9780132789516 Study Skills: Do I Really Need This Stuff? 0321943252 / 9780321943255 NEW MyStudentSuccessLab 2013 Update -- Value Pack Access Card

There are two skills that you need for success in the classroom. Have you mastered them? COLLEGE READING AND STUDY STRATEGIES shows you how to develop both sets of skills: personal skills and reading skills. On the personal level, you'll discover how to maintain motivation, perfect your time management, and take tests more effectively. When it comes to reading, you'll find out how to read faster and remember more than you've ever thought possible. And with its easy-to-use format and clear writing style, this is the study skills textbook you'll use again and again.

Miriam, a freshman Calculus student at Louisiana State University, made 37.5% on her first exam but 83% and 93% on the next two. Matt, a first year General Chemistry student at the University of Utah, scored 65% and 55% on his first two exams and 95% on his third—These are representative of thousands of students who decisively improved their grades by acting on the advice described in this book. What is preventing your students from performing according to expectations? Sandra McGuire offers a simple but profound answer: If you teach students how to learn and give them simple, straightforward strategies to use, they can significantly increase their learning and performance. For over a decade Sandra McGuire has been acclaimed for her presentations and workshops on metacognition and student learning because the tools and strategies she shares have enabled faculty to facilitate dramatic improvements in student learning and success. This book encapsulates the

model and ideas she has developed in the past fifteen years, ideas that are being adopted by an increasing number of faculty with considerable effect. The methods she proposes do not require restructuring courses or an inordinate amount of time to teach. They can often be accomplished in a single session, transforming students from memorizers and regurgitators to students who begin to think critically and take responsibility for their own learning. Sandra McGuire takes the reader sequentially through the ideas and strategies that students need to understand and implement. First, she demonstrates how introducing students to metacognition and Bloom's Taxonomy reveals to them the importance of understanding how they learn and provides the lens through which they can view learning activities and measure their intellectual growth. Next, she presents a specific study system that can quickly empower students to maximize their learning. Then, she addresses the importance of dealing with emotion, attitudes, and motivation by suggesting ways to change students' mindsets about ability and by providing a range of strategies to boost motivation and learning; finally, she offers guidance to faculty on partnering with campus learning centers. She pays particular attention to academically unprepared students, noting that the strategies she offers for this particular population are equally beneficial for all students. While stressing that there are many ways to teach effectively, and that readers can be flexible in picking and choosing among the strategies she presents, Sandra McGuire offers the reader a step-by-step process for delivering the key messages of the book to students in as little as 50 minutes. Free online supplements provide three slide sets and a sample video lecture. This book is written primarily for faculty but will be equally useful for TAs, tutors, and learning center professionals. For readers with no background in education or cognitive psychology, the book avoids jargon and esoteric theory.