



Motivation and Learning Strategies for College Success: A Self-management Approach

Helena Seli, Myron H. Dembo

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A motivation and learning strategies textbook that bridges research and practice!

Motivation and Learning Strategies for College Success, Second Edition teaches college students how to become more self-directed learners. Study skills are treated as a serious academic course. Students learn about human motivation and learning as they improve their study skills. The text does *not* offer "recipes" for success or lists of "quick tips." Rather, the focus is on relevant information and features designed to help students to identify the components of academic learning that contribute to high achievement, to master and practice effective learning and study strategies, and then to complete self-management studies whereby they are taught a process for improving their academic behavior.

A framework organized around six components related to academic success (motivation, methods of learning, time management, control of the physical and social environment, and performance) makes it easy for students to understand what they need to do to become more successful in the classroom.

The text combines an overview of theory and research, to help learners understand what factors determine or influence successful learning and why they are asked to use different study and learning strategies in the text, with field-tested exercises, follow-up activities, and appendices that assist students in observing and changing their own behavior.

A separate **Instructor's Manual** provides helpful information for teaching the material; includes additional exercises and experiences for students; provides both objective and essay test questions; and includes information on how students can maintain a portfolio to demonstrate their acquisition of learning and study skills and guidelines for helping students complete a self-management study of their own behavior.

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