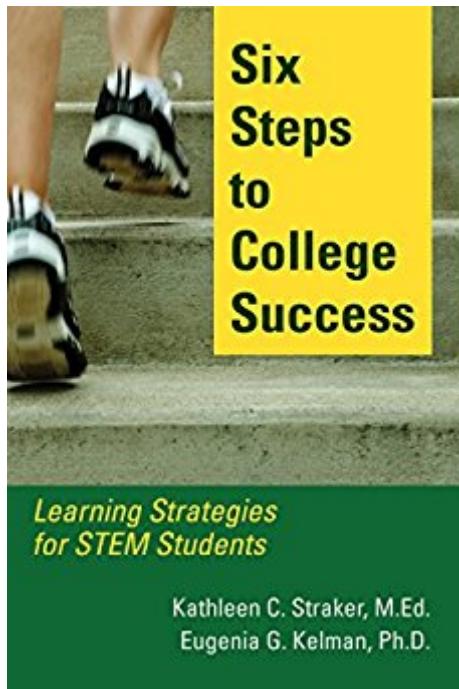


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# Six Steps To College Success: Learning Strategies For STEM Students



## **Synopsis**

Six Steps to College Success is written for students who want to take charge of their own learning. Originally developed for graduate, medical, dental, veterinary and nursing students, these evidence-based techniques proved to be so successful that undergraduate students requested their own version of the book. The new field of Educational Neuroscience draws from the disciplines of education, psychology and neuroscience. We have been drawing from these same disciplines of study for over 20 years! Much of the recent research in educational neuroscience better explains WHY the strategies we have been teaching are so effective. This study system will help you retain the information presented in your classes, textbooks and labs and will teach you to: Reduce stress by developing a manageable schedule; Get the most out of lectures; Use critical thinking to organize essential information; Create highly organized notes for easy review and self-testing; Recall and apply information for exams and laboratory work; Improve long-term memory Increase concentration; Reduce test anxiety; Take exams with confidence.

**E-book and Print Versions**

Six Steps to College Success is a workbook. It is available in both print and electronic versions. An advantage of the e-book format is that it allows the reader to visit many of the linked resources. A disadvantage of the e-book format is that readers are required to download the quizzes from a related site, use the notes function on their device, or use pen and paper. Completing the quizzes and exercises are an integral part of the learning strategies taught in Six Steps, so choose the version of the workbook that will work better for you.

## **Book Information**

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## Customer Reviews

As a student athlete, it is difficult to find a healthy balance between academics and athletics. When it came to finding new techniques and strategies to help me manage my time, reduce stress, and improve my academic performance I had tried everything. There was no planning or strategy when it came to my studies, simply because I was holding on to the same study methods from high school. My study habits in high school were good enough to earn decent grades, so I assumed college would be the same. The first couple years of college went fine academically but it came at a very high cost. The sleepless nights, poor nutrition and unhealthy energy drinks were really starting to run their course. As a student- athlete every second counts. I quickly found myself spending more time trying to recover from the sleepless nights and poor nutrition than the time I spent actually studying. My study habits worked for a short period of time but were very ineffective for long-term memory. As I progressed in my collegiate career, classes became more difficult and my grades became worse. Six Steps to College Success has helped me in many aspects such as sleep, nutrition, time management, distractions, motivation and strategies to study. The lessons I have learned from reading this book have allowed me to live a more efficient life both inside and outside the classroom. This book helped me reduce my study time and improve my scores on exams, quizzes, and homework. Many students work harder not smarter but by applying the strategies that this book teaches, you are able to achieve more for less. The book is a super easy read and the techniques are very easy to follow. My favorite part of this book is step three because it taught me that I did not know how to take notes!

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