



Essential Study Skills (Textbook-specific CSFI)

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Cengage Learning, 2011. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: 1. DISCOVERING AND USING YOUR LEARNING STYLES.Three Cognitive Learning Styles. Linear and Global Learners. Multiple Intelligences.2. PROCESSING INFORMATION INTO YOUR MEMORY.The Information Processing Model. Your Conscious Mind at Work. Essential Strategies for Working Memory.3. USING TWELVE PRINCIPLES OF MEMORY.Memory Mnemonic. The First Four Principles of Memory. The Middle Four Principles of Memory. The Last Four Principles of Memory.4. BECOMING A TIME MANAGER AND A GOAL-SETTER.Time Management. Schedules and Strategies. Goal Setting. Goal-Setting Strategies.5. DEVELOPING SELF-MANAGEMENT SKILLS.Concentration. Motivation. Stress Management. Procrastination Management.6. DEVELOPING TEST-TAKING SKILLS.Test Preparation Skills. Test Performance Skills. Test Anxiety Management Skills. Mnemonics.7. STRENGTHENING YOUR READING SKILLS.The Reading Process. Surveying Reading Materials. Paragraph Elements. Terminology and Vocabulary.8. LEARNING FROM COLLEGE TEXTBOOKS.Active Reading. Organizational Patterns. Graphic Materials.9. DEVELOPING NOTETAKING SKILLS.Textbook Notetaking Skills. Annotation. The Cornell Notetaking System. Two- and Three-Column Notetaking Systems. The Outline Notetaking System.10. LISTENING AND TAKING LECTURE NOTES.Listening Skills. Notetaking Systems for Lectures. Effective Notetaking Strategies.11. CREATING AND USING VISUAL NOTES AND STUDY TOOLS.Tailored Approach. Visual Mappings. Hierarchies. Comparison Charts. Index Card Notes.12. CARRYING YOUR SKILLS FORWARD.Reading in the Content Areas. Bloom's Taxonomy. Culminating Activities for ESSENTIAL STUDY SKILLS.Appendix A:...



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Reviews

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