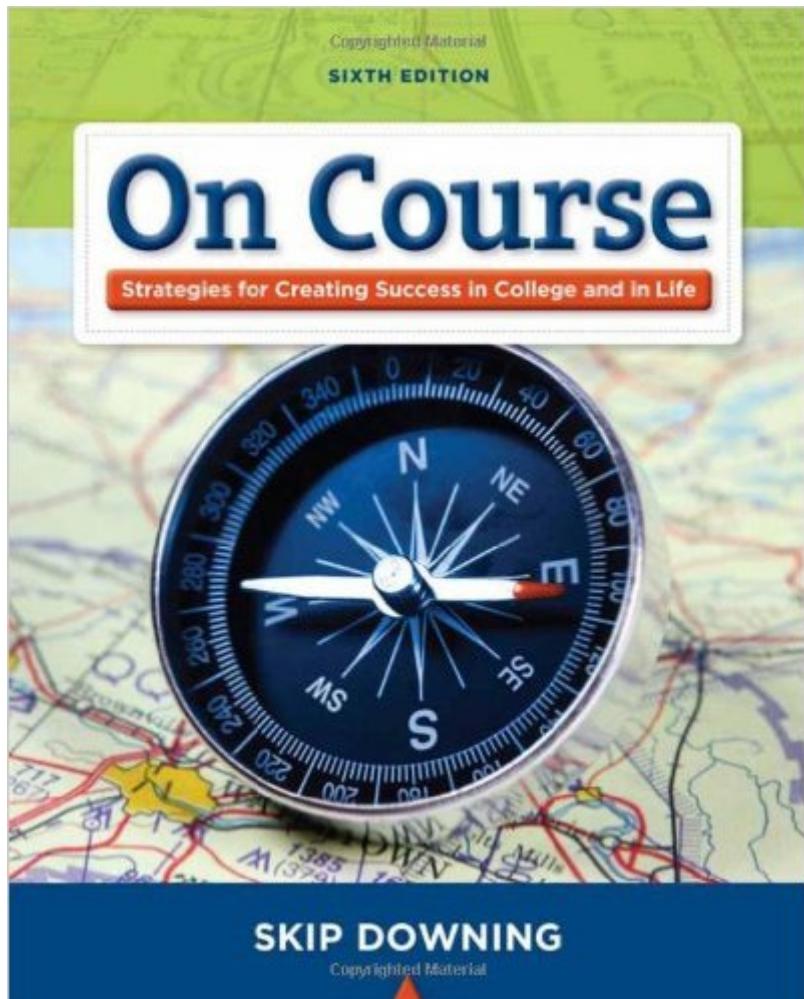


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# On Course: Strategies For Creating Success In College And In Life (Textbook-specific CSFI)



## **Synopsis**

ON COURSE: STRATEGIES FOR CREATING SUCCESS IN COLLEGE AND IN LIFE presents a hands-on approach to learning essential life and study skills. Now in its 6th edition, ON COURSE is used as a text in student success courses, first-year experience programs, and inward-looking courses that promote student growth and self-awareness. ON COURSE demonstrates the choices that successful students make. 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 distinctive guided journal entries help students develop essential life skills by encouraging exploration of personal responsibility, self-motivation, interdependence, and self-esteem. Extensive coverage of study skills--reading, note taking, memory and test taking--provided in the "Wise Choices in College" sections helps students excel in all of their college courses. Students are encouraged by hearing from their peers through a unique feature called "One Student's Story," which highlights the implementation of the text's strategies.

## **Book Information**

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## **Customer Reviews**

I am in my early forties and wish this book was around when I was originally in college earning my

BA. I had to figure out a lot of organizational and academic strategies on my own, mostly through trial and error. I'm furthering my education and this book was required for a class that I had to take. It is filled with awesome information. I would definitely recommend this to anyone who is planning to attend college at any stage in their life. I think this would be great for high school students as well. A must read for Seniors in High School who are prepping to begin college. I also think this is good for anyone who is not naturally good at organizing or time management. Very insightful and an invaluable book!

After reading this book, it was a great way to relate to others going through similar experiences. Life events are not always as simple as what is described in this book. Getting started is sometimes the most challenging part. The information was useful and effectively helps students to receive a higher college grade, while giving examples of what to do with their lives at the same time. It may seem unnecessary to some, yet I recommend taking the time to read through this fully, especially if you are already a student having difficulty progressing, and try and complete all the activities to the best of your ability.

I bought this as my first used academic book for College and I was pleasantly surprised at how good of a condition it was in. Very little marking in the book itself and only light wear on the outside of the book. The seller described the book perfectly. As for the book, I have learned quite a bit from it over this course and have found some of the information can be applied to everyday life as well as your professional and academic lives.

I really enjoyed this book because I was able to graduate this summer from college. The study tools and strategies is awesome! The only bummer is that my classmate had the 5th ED, with the same information and she paid a cheaper price.

I bought this book on the recommendation of a professor and never made time for it. I sure wish I had! This book is amazing. My book has so many highlights and personal notes that I will not be selling this back. Every page has a goldmine of information. The biggest takeaway is that success is achievable - successful people make successful choices. Successful choices become a habit of success. Success is not elusive, just for the chosen few. Anyone regardless of gender, ethnicity, or nationality, or age can be a success. I will definitely be keeping this book as a reference. The quotes are fun and the real life examples are relatable. 5 stars

This is a must read for the college and an excellent read for any employee. The book really brings the student to know themselves first. This is because the student needs to know how they respond in several situations in order to be a better than average student.

The only thing is I used this book in replacement of the next edition. A bit does change from the next edition jus a heads up. The book was practically new! Got a mint condition book for the fraction of the price!!

If you want a total makeover on self this is the book to help you. This book was awesome to read and is definitely a keeper. On Course not only helps you as a college student but it also helps you personally as well. This book helped me to see some things within me that were show stoppers in me moving into another season. Be prepared if you read this to see some things about yourself that you won't want to see but then the change can begin.

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