



The Study Skills Handbook: US Edition (Palgrave Study Skills)

By Stella Cottrell

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Covering everything you need to know to succeed in college, this book helps you to develop the skills you need to improve your grades, build your confidence and plan the future you want. Its no-nonsense advice and practical activities will help you to identify those methods that work for you, making learning easier, faster and more enjoyable.

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Editorial Review

Review

"This is definitely one of the most comprehensive study skills resources ever published. The attention to the visual design is unmatched." - Cora Dzubak, Penn State York, USA

"*The Study Skills Handbook* provides comprehensive study skills tips . . . with a delightful sense of humor! Most study skills books attempt to cover every aspect of college life, but they usually fall short. *The Study Skills Handbook* covers it all, offering tips on studying, taking tests, managing time, working with others, and, believe it or not, solving problems in mathematics, the nemesis of most college students! If you need a truly comprehensive study skills book, *The Study Skills Handbook* is the one!" - Todd Campbell, North Georgia College & State University, USA

"The title of the book does not do it justice—it goes beyond study skills and is a complete guide to being a successful student! This book would definitely have helped me in my own first year of college, and I'd definitely recommend it to others." - Arthur Ford, Hunter College, CUNY, USA

"I think this book is unique in that it provides lots of practical strategies for students. They can pick it up today and find something to do tomorrow in their classes that should and would improve their learning. The test taking section is the best I have ever seen in a textbook." - Julie Engstrom, Brigham Young University-Idaho, USA

"*The Study Skills Handbook* is a wonderful resource for students—for first-year success and beyond. Cottrell provides many excellent strategies for academic accomplishment and efficiency. The graphic organizers are superb. Students will love them! Instructors will appreciate the emphasis on metacognition. Overall, this book will enable students to understand the frameworks and processes for college-level achievement." - Calley Hornbuckle, Columbia College, USA

"This book is awesome! From the onset, it challenges students to identify their purpose of attending college and then charges students to foster their own studying style. I find that this book meets students—mentally and emotionally—where they are upon college entry by immediately assisting them to conclude how college will benefit them. As a First Year Experience Instructor, I also find that students need motivation throughout their first semester of college. This book provides continuous motivational opportunities threaded into real-time curriculum relating to the importance and benefits of ascertaining a college degree." - Trakenya Dobbins, University of Arkansas at Little Rock, USA

"Academic Advisors looking for a handbook to outline multiple academic tips for college students will find just that in *The Study Skills Handbook*." -NACADA member review by Eleazar Ortega, Advising & Career Center, Great Falls College Montana State University, USA

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Everything you need to know to succeed in college

Want to do well in college but aren't sure how? This book makes clear what is expected from you and helps you to develop the skills you need to succeed.

Covering all essential study skills such as reading, writing, note-taking, critical thinking, memory, test taking, time management and coping with stress as well as e-learning and numeracy, it provides you with all the tools you need to get good grades.

No-nonsense advice and practical activities help you to identify those methods that work for you, making learning easier, faster and more enjoyable. Lots of hands-on features such as checklists, templates and self-evaluation questionnaires allow for interactive learning and make the material directly relevant to you.

Information is presented in manageable, bite-sized chunks, using distinctive visual features which serve as memory joggers, reinforce learning and make the book more fun and engaging than your usual textbooks.

Written in an easily accessible style which is encouraging and motivational rather than patronizing, The Study Skills Handbook will help you to improve your grades, build your confidence and plan the future you want. Ideal for first-year college students, it develops skills which go beyond the first semester and will be essential throughout your degree program as well as your future career.

Users Review

From reader reviews:

Beverly Dewitt:

A lot of people always spent all their free time to vacation as well as go to the outside with them household or their friend. Were you aware? Many a lot of people spent they free time just watching TV, or playing video games all day long. If you need to try to find a new activity here is look different you can read the book. It is really fun for you. If you enjoy the book you read you can spent 24 hours a day to reading a e-book. The book The Study Skills Handbook: US Edition (Palgrave Study Skills) it is rather good to read. There are a lot of people who recommended this book. These people were enjoying reading this book. In case you did not have enough space to bring this book you can buy the e-book. You can m0ore easily to read this book from the smart phone. The price is not very costly but this book offers high quality.

Michael Duckett:

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