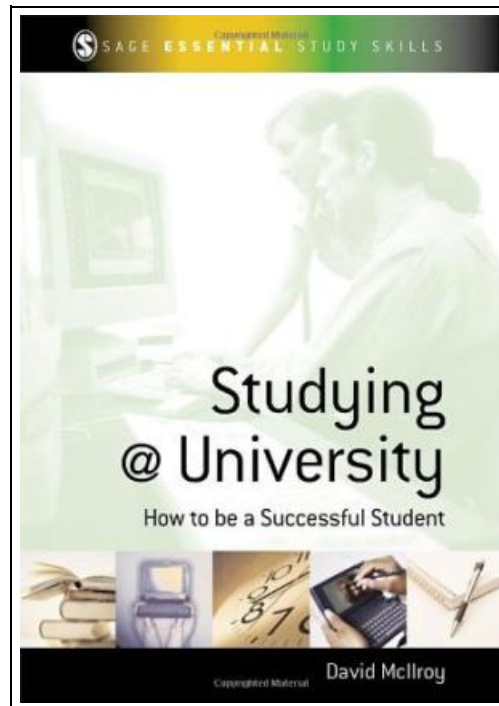


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STUDYING @ UNIVERSITY: HOW TO BE A SUCCESSFUL STUDENT



SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Studying @ University: How to be a Successful Student, David McIlroy, 'An astute compilation of the university experience, made easily accessible to the reader, and lightened by the ability of a good storyteller. Within the book are tools to maximise and manage one's learning opportunities both in terms of objective skills and subjective psychological experiences, e.g., stress and anxiety. This is a book that has the potential to be useful throughout one's studies and to transform the university experience' - Brendan Bunting, Reader in Psychology, University of Ulster For those attending university for the first time, the demands made on them academically and socially can seem daunting. Studying at University aims to equip the student with strategies for making the most out of the experience from the moment they arrive until after they leave. Written with fresh insight for the contemporary student, the book addresses key issues such as: - adjusting to life at university - making presentations - working in small groups - library and computer resources - making the most from lectures and seminars - basic numeracy and statistics Studying at University also presents the student with new ways of learning. The author suggests ways of developing memory techniques as an aid for not just exams, but so that the student can reap the best rewards from the subject matter in hand. Ways of coping with exam and test anxieties are addressed, and a final section looks at preparing for job interviews after university life. Packed with illustrative material and practical exercises, Studying at University aims to enable the student to perform at their very best academically, and will be of value to all undergraduate students across the social sciences and humanities.



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