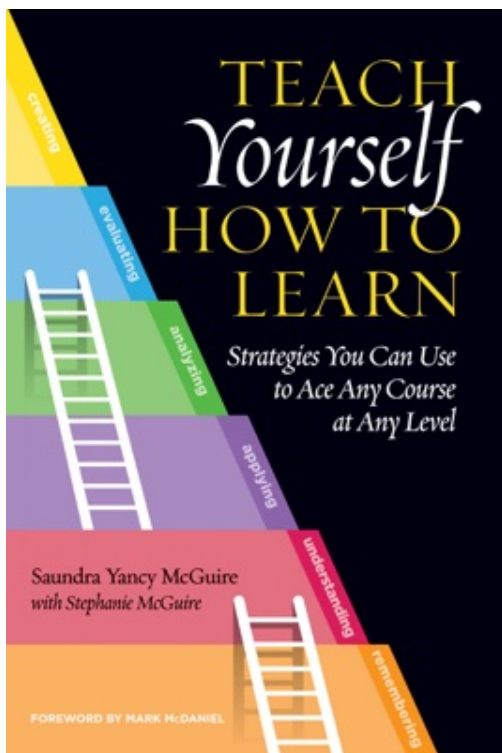


Download Teach Yourself How to Learn free Sandra Yancy McGuire (PDF, ePub, Mobi)



Following up on her acclaimed *Teach Students How to Learn*, that describes teaching strategies to facilitate dramatic improvements in student learning and success, Sandra McGuire here presents these “secrets” direct to students.

Her message is that “Any student can use simple, straightforward strategies to start making A’s in their courses and enjoy a lifetime of deep, effective learning.”

Beginning with explaining how expectations about learning, and the study efforts required, differ between college and secondary school, the author introduces her readers, through the concept of metacognition, to the importance and powerful consequences of understanding themselves as learners. This framework and the recommended strategies that support it are useful for anyone moving on to a more advanced stage of education, so this book also has an intended audience of students preparing to go to high school, graduate school, or professional school.

In a conversational tone, and liberally illustrated by anecdotes of past students, the author combines introducing readers to concepts like Bloom’s Taxonomy (to illuminate the difference between studying and learning), fixed and growth mindsets, as well as to what brain science has to tell us about rest, nutrition and exercise, together with such highly specific learning strategies as how to read a textbook, manage their time and take tests.

With engaging exercises and thought-provoking reflections, this book is an ideal motivational and practical text for study skills and first year experience courses.

Table of Contents:

Acknowledgements

Introduction

- 1) My Journey: I Was Once in Your Shoes
- 2) Why Don’t All Students Already Know How to Learn?
- 3) Metacognition: What It Is and How It Can Turbocharge Your Learning
- 4) The Power of Bloom’s Taxonomy and the Study Cycle
- 5) Metacognitive Learning Strategies at Work
- 6) Why Your Mindset About Intelligence Matters
- 7) How Your Emotions Affect Your Motivation and Learning
- 8) What You Do to Boost Your Motivation, Positive Emotions, and Learning
- 9) Time Management, Test Taking, and Stress Reduction
- 10) Try the Strategies and Have Fun!

Appendix A: Compilation of Strategies for Students

Appendix B: Books and Links Recommended for Students

Appendix C: Learning Strategies Inventory

Appendix D: Dramatic Individual Student Improvement

Appendix E: Selected Student Feedback

Appendix F: Study Tools

References

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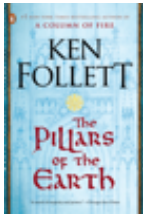
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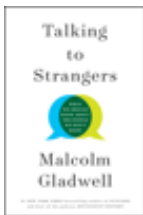
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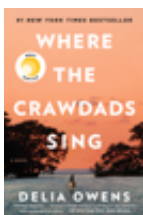
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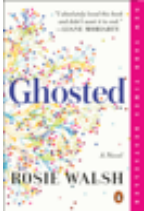
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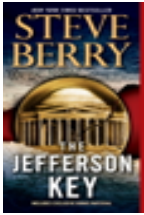
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