



# College Study: The Essential Ingredients (3rd Edition)

*Sally A. Lipsky*

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**College Study: The Essential Ingredients (3rd Edition)** Sally A. Lipsky

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*College Study* exposes readers to *how* to make informed choices about learning content that is often new, complex, and changing rapidly, especially given the increasing link between technology and learning. Included is the inter-relationship of students' learning behaviors and attitudes, with an emphasis on applying multi-modal strategies into daily course work. The text covers the major learning skills topics: academic planning and goal-setting, time management and procrastination, productivity, active listening and note taking, reading and studying, preparing for and taking tests, enhancing learning and memory, reducing worry/anxiety, and online and web-based strategies. The text is written in a *streamlined format*; with an *informal, personal writing style*; and *engaging activities* that maintain the reader's attention and appeal to today's college students.

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