

A low-angle, upward-looking photograph of graduates in maroon gowns and caps. Several caps are in the air, and the graduates are looking up with expressions of joy and celebration. The background is a bright, clear sky.

EXCELLING IN COLLEGE

Strategies for Success & Reducing Stress

JEFFREY KOTTLER

Aplia For Kottlers Excelling In College 1st Edition

Amy Baldwin



Aplia For Kottlers Excelling In College 1st Edition:

Journal of Developmental Education ,2010 *Excelling in College* Jeffrey Kottler,2011-01-01 Are your students stressed Persuasive evidence shows stress is the single most reported obstacle to academic success in college for first year students CHRONICLE OF HIGHER EDUCATION 2009 EXCELLING IN COLLEGE recognizes the stress students experience and offers strategies to help them not just survive but also thrive in their college environment Through exercises found in the text and online video clips students are helped to address their fears related to speaking up in class approaching instructors making new friends performing under pressure dealing with financial struggles and making healthy lifestyle choices Important Notice Media content referenced within the product description or the product text may not be available in the ebook version **Excelling in College** Jeffrey A. Kottler,2019-12-31 Dealing with stress is the single most frequently mentioned challenge for college and life success Excelling in College Strategies for Success and Reducing Stress equips students with the ideas and skills needed to excel in higher education and beyond This unique resource not only helps students to master key academic strategies but also offers practical approaches for managing stress to support optimal performance and increased enjoyment of the collegiate experience Students learn how to make the most of learning experiences capitalize on available resources set priorities and goals and make healthy lifestyle choices Dedicated chapters share approaches for managing anxiety writing and speaking effectively and identifying difficulties before they become major obstacles The text nurtures the development of students goals dreams and strategic career plans Reflective exercises experiential activities and stress reduction methods personalize and deepen the learning experience Throughout stories from students highlight the unique joys and challenges of campus life This new and completely updated edition includes expanded information on the symptoms and causes of stress as well as proven pathways for dealing with these issues Updated content throughout reflects the growing diversity of academic institutions and advances in technology as well as contemporary social and political developments Excelling in College is an exemplary text for first year orientation and success courses and programs For a look at the specific features and benefits of Excelling in College visit [cognella.com/excelling in college](http://cognella.com/excelling-in-college) features and benefits **Make College Yours** Layli Liss,2021-08-16 Most people think that getting ready to start college classes means buying a textbook and reading a syllabus In reality entering college is like entering a whole new world with new expectations and ways to interact and grow The transition is rarely easy but you can take ownership of your experience in college Make College Yours Mindsets and Methods for College Success is designed for students in First Year Experience or similar courses at the college level This text combines evidence based instructional content with insightful anecdotes from students of varying backgrounds In this book you ll find personal stories of college students grappling with the same problems and issues you ll grapple with stories that are as relatable as they are complex In these pages you ll find lots of helpful lessons about the basics of starting college like Improving study skills Combating test anxiety Being a good group

member Developing a growth mindset Making campus connections Becoming an active learner Make College Yours goes way beyond the basics too This book will also teach you about major life skills including Learning to persist through difficult times Managing negative emotions Understanding personal agency Making wise choices Taking responsibility for your own growth Overcoming procrastination

Your College Experience John N. Gardner,A. Jerome Jewler,Betsy O. Barefoot,2010-09-01
 Authored by three of the nation s leading experts on the first year experience this Concise version of Your College Experience continues a 20 year tradition of straightforward realistic and intelligent coverage of the skills students need to succeed in college This less expensive more streamlined concise edition contains the chapters and topics instructors across the country identified as being most relevant to all kinds of students at all kinds of schools Gardner Jewler and Barefoot address the goals of today s seminar courses helping students develop a clear sense of purpose in college assisting them in making the right choice of academic major and engaging them in learning especially through the use of technology in a manner that is both inviting and informative

On Course Skip Downing,2014 *Step by Step to College and Career Success* John N. Gardner,A. Jerome Jewler,Betsy O. Barefoot,2007-01-02
 Pioneers in the field of student success research Gardner and his team have produced a concise data driven sequel to their highly successful first edition Step by Step to College and Career Success rests on the idea that all beginning students have a better chance of collegiate success if they are comprehensively prepared for the challenges of their crucial first year Not only do students need to develop strong academic skills and habits but they also must learn how to manage time maintain health and wellness get involved in campus and community life and respect and appreciate diversity Both user friendly and authoritatively research based Step By Step to College and Career Success balances theory with hands on learning and offers students proven information and straightforward strategies that they can apply toward their success

The First-Generation College Experience Amy Baldwin,2013-08-04
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