



# **Study Skills for Successful Students**

Fred Orr

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Studying successfully at high school, college or university requires more than discipline, diligence and determination. Students must also come to grips with a crucial range of essential skills if they wish to turn toil into triumph.

Study Skills for Successful Students shows you how to improve your learnings skills and performance by:

- . Increasing your motivation and concentration
- . Improving your goal planning and time management
- . Keeping healthy and preventing stress
- . Enhancing your lecture listening and note-taking skills
- . Becoming a more efficient reader
- . Improving your essay writing
- . Organising your revision
- . Learning how to perform more effectively in exams

Study Skills for Successful Students is down-to-earth and readable, and is crammed with instructive case studies. Each chapter features practical exercises designed to hone your new skills so that you can achieve maximum performance.



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