



Your Guide to College Success: Strategies for Achieving Your Goals (Available Titles CengageNOW)

John W. Santrock, Jane S. Halonen

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Whether you're fresh from high school or a returning student, this book provides hands-on strategies to help you develop the skills and confidence that are vital to success in college and beyond. Their "secret" is a proven, effective model incorporating six achievable goals that are essential to college success: clarify values, build competence, manage your life, expand your resources, know yourself, and create your future. These themes are woven throughout the book and are consistently applied to such practical topics as goal setting, learning styles, time management, thinking and study skills, communication, relationships, money management, physical and mental health, and career planning. Exercises and self-assessments give you the chance to record your reflections, apply the strategies, and track your success throughout the course.



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