To the memory of Marie Piscitelli
and Dominic Piscitelli

Thank you for giving me choices.
Steve Piscitelli has three decades of teaching and professional development experience. He has taught students of varying abilities and grade levels, from middle school through the university level. He has been recognized for his effective teaching style with awards at the school, county, and international level. Steve is also a seasoned national workshop developer and presenter. He brings energy, humor, interaction, live original music, and practicality to his classes and workshops. He has presented in every region of the nation.

Steve, a tenured professor at Florida State College at Jacksonville, has earned degrees from Jacksonville University, The University of North Florida, and The University of Florida.

Steve is also the author of Study Skills: Do I Really Need This Stuff?, Second Edition, published by Pearson Prentice Hall in 2009. Steve also wrote, produced, and recorded the CD Same Tune, Different Song. He weaves his songs into his classes and his programs.

Steve lives with his wife, Laurie, and canine companion, Buddy, in Atlantic Beach, Florida. You will find more information about Steve, his books, his music, and his programs at www.stevepiscitelli.com.
Contents

Introduction 1

PART ONE  Choices for Priority Management  4

1 Transitions, Balance, and Organization 6
2 Organizing Time, Space, and Money 30
3 Motivation and Goal Setting 54
4 Critical Thinking and Learning Preferences 76

PART TWO  Choices for Academic Success 100

5 Class-Time Listening and Note-Taking Skills 102
6 Out-of-Class Strategies for Notes Review and Textbook Reading 124
7 Test-Preparation and Memory Skills 146
8 Test Performance 170
9 Information Literacy 186

PART THREE  Choices for a Balanced Life 210

10 The Many Faces of Civility 212
11 Treating Yourself with Respect 234
12 Financial Literacy 256
13 Exploration of Majors and Careers 280

Afterword 304
Contents

What Do You Do If Study Space Is Not Available Where You Live?  43

**Choices: Priorities**  43

Personal Portable Storage  44
Car  44

Organization and Your Money  45

**Choices: Priorities**  45

Your Budget Priorities  45
Credit Card Debt  48

Organization and Stress  49

Types of Stress  49
Stress Signals  49
Stress-Reducing Suggestions  50

**Choices: Personal Well-Being**  51

Post-Assessment: Learn it, question it, use it  51

Summary  52

Endnotes  52

---

Motivation and Goal Setting  54

Chapter Objectives  55

Introduction  56

Organizing Your Thoughts  56

Pre-Assessment: What self-motivational and goal-setting strategies do you already possess that will help you get what you want?  57

Motivation: Moving Toward What You Want  58

Where Do You “Find” Your Values?  58
What Motivates You?  59
Extrinsic and Intrinsic Motivation  59
Characteristics of a Motivated Learner: Can an Individual Learn to Be Motivated?  60
Overcoming Motivational Barriers  61
But I Might Fail!  63

**Choices: Priorities**  64

Goal Setting: Organizing to Get What You Want  65
What Is a Goal?  65
## Critical Thinking and Learning Preferences

<table>
<thead>
<tr>
<th>Chapter Objectives</th>
<th>77</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>78</td>
</tr>
<tr>
<td>Organizing Your Thoughts</td>
<td>78</td>
</tr>
</tbody>
</table>

**Pre-Assessment:** How do you already use critical thinking skills to help you get what you want? 78

**Defining Critical Thinking** | 79

**Building Critical Thinking Skills** | 80

**Problem Solving** | 82

**The Process of Problem Solving** | 83

**Critical Thinking and Personal Well-Being** | 85

**The Problem-Solving Trap** | 86

**Creative Thinking** | 87

**You Have to Do It Differently If You Want Different Results** | 87

**How Does One Learn to Think Creatively?** | 88
Critical Thinking and Learning  89
Learning Styles  89
How Do You Learn?  90
Choices: Priorities  90
Practical Applications  93
Multiple Intelligences  94
How Can You Use This Information to Organize Your Studies?  95
Choices: Personal Well-Being  95
Post-Assessment: Learn it, question it, use it  96
Summary  97
Endnotes  98
R & R: Review and Renew  99

PART TWO   Choices for Academic Success  100

Class-Time Listening and Note-Taking Skills  102
Chapter Objectives  103
Introduction  104
Organizing Your Thoughts  104
Pre-Assessment: How do you already use your listening and note-taking skills to help you get what you want?  104
Do You Know What the Instructor Is Doing in Front of the Room?  105
Choices: Priorities  106
What Are You Doing in the Back of the Classroom?  108
What You Can Do to Maximize Classroom Success:
The Basics About Active Learning  108
Developing a Working and Respectful Relationship with Your Instructors  109
How Does One “Pay Attention”?  110
A Friendly Reminder of What You Already Know: Seven Steps to Classroom Success  111
When Problems Occur  112
Choices: Priorities  112
Note-Taking Skills: An Active Learning Strategy  113
What Is Your Note-Taking Style?  113
Comparing and Contrasting Note-Taking Styles  116
Out-of-Class Strategies for Notes Review and Textbook Reading  124

Chapter Objectives  125

Introduction  126

Organizing Your Thoughts  126

Pre-Assessment: How do you already use your notes review and reading skills to help you get what you want?  126

Priority Management: A Refresher  127

Using Your Notes to Understand the Big Picture  128

Learning While Taking Notes  128

Learning After You Have Taken Your Notes: ROI  129

Now That You Have Your Notes, What Should You Do Next? Time for Reflection  129

Talk to Yourself—And Then Someone Else  130

What Should You Do If You Still Do Not Get the Big Picture?  131

Additional Out-of-Class Strategies to Improve Your Notes  133

Getting the Most from Your Textbook  134

I Read My Assignment. So Why Don’t I Know What I Read?  134

Identifying the Purpose  135

A Proven Process for Effective Reading: SQ4R  135

Additional Strategies for Reading Success  139
Test-Preparation and Memory Skills  146

Chapter Objectives  147
Introduction  148
Organizing Your Thoughts  148

Pre-Assessment: How do you already use test-preparation and memory skills to help you get what you want?  149

Test Preparation: Challenges  150
Test Anxiety and Your Well-Being  150
Why Does Test Anxiety Happen?  151

Choices: Personal Well-Being  152

Test Preparation: Strategies for Improvement  153
Will a Study Partner or Group Help You Prepare for a Test?  153
Previous Test Results  155

Choices: Priorities  155

A Few Final Thoughts About Test Preparation  157

Improved Memory: Noticing the Information  158
What Causes Us to Forget?  159
Choosing to Notice  159

Choices: Personal Well-Being  160

Improved Memory: Storing the Information  160
Active Listening Improves Memory  161
Using Charts to Make Connections  161
Use Your Imagination  163

Improved Memory: Reclaiming the Information  163
Memory Blocks  163
Retrieval Failure: What Can You Do About It?  164
Mnemonics  166
Practice, Practice, and More Practice  167
Memory ≠ Understanding  167
Pre-Assessment: How do you already use information literacy skills to help you get what you want? 189

What Is Information Literacy? 190
Sharpening Your Critical Thinking Skills 191
There Is More Than One Type of Information 191

Completing an Assignment in an Organized Manner 193
Know What Information Is Needed: Reflect Before Starting 193

Choices: Priorities 194
Access the Information: Finding Pertinent Information 194
Evaluate the Information: Judging Appropriateness 196

Choices: Personal Well-Being 197
Use the Information: Presenting Your Work 198

Responsibilities of the Information Age 199
Academic Integrity 199

Choices: Priorities 200
E-Mail Responsibilities 201

Choices: Priorities 202
Texting Responsibilities 202
Social Networking Sites (Social Media) 202

Choices: Personal Well-Being 204
Avoiding Repetitive Strain Injuries 205

Post-Assessment: Learn it, question it, use it 206
Summary 207
Endnotes 207
R & R: Review and Renew 208

PART THREE  Choices for a Balanced Life 210

The Many Faces of Civility 212

Chapter Objectives 213
Introduction 214
Organizing Your Thoughts 214

Pre-Assessment: How have civility and diversity already helped you to get what you want? 214
Treating Yourself with Respect  234

Chapter Objectives  235
Introduction  236
Organizing Your Thoughts  236
Pre-Assessment: How do you already use healthy living strategies to help you get what you want? 237

Six Dimensions of Wellness  238
   Everything Is Related  238
   Exercise  238
   Sabotaging Your Physical Conditioning—Tobacco  241

   Choices: Personal Well-Being  241

   Diet: It Is So Hard to Eat Healthy Foods!  242

   Choices: Personal Well-Being  245

   Issues of Weight  246
   Be Proactive  248

The Emotional and Physical Side of Social Relationships  249
   Nutritious Relationships Revisited  249
   Not All Relationships Are Nutritious  249
   The Health Risks of Sexual Activity  250

   Choices: Personal Well-Being  252

Post-Assessment: Learn it, question it, use it  253

Summary  253

Endnotes  254

---

Financial Literacy  256

Chapter Objectives  257

Introduction  258

Organizing Your Thoughts  258

Pre-Assessment: How do you already use financial literacy skills to help you get what you want?  258

Financial Literacy: Budgets  259
   Your Personal Budget  259
   Debt Affects Wealth  260

   Choices: Priorities  261

Financial Literacy: Checking Accounts  262
   Benefits  263
   Considerations  264

   Choices: Priorities  265
Contents

Financial Literacy: Savings Accounts  266
  Benefits  267
  Choices: Personal Well-Being  267
  Considerations  268
  Other Investments  269

Financial Literacy: Loans  269
  Financial Aid  269
  Payday Loans  271
  Credit Cards  272
  Choices: Personal Well-Being  276
  Identity Theft  276

Post-Assessment: Learn it, question it, use it  277

Summary  278
Endnotes  278

Exploration of Majors and Careers  280

Chapter Objectives  281
Introduction  282
Organizing Your Thoughts  282

Pre-Assessment: How do you already use information about college majors and career possibilities to help you get what you want?  283

Major Misconceptions  284
  Choices: Personal Well-Being  285

Choosing a Major: Making an Informed Choice  285
  Declaring a Major  286
  What Should You Do If You Are “Undeclared”?  286
  What Are You Passionate About?  287
  Choices: Personal Well-Being  288
  Choices: Priorities  289

Sources of Information About Academic Majors  289
  Choices: Personal Well-Being  289
  Choices: Priorities  294
This is a book about personal choices—responsible choices that will help students get what they want from school and life. Choices for College Success demonstrates how organized action enhances academic success and helps create a healthy and balanced life.

Although the first edition of this book (titled Rhythms of College Success) benefited thousands of students across the country, I have come to understand the power of the review process. With the input of peer reviewers, current users, and students, I realize that a revised edition will be more powerful and helpful to students.

This edition has two integrated themes connecting each chapter:

- Priority management
- Personal balance and well-being

The book retains its student-friendly tone and reliance on reflective activities (more than eighty of them) to help students understand what they can do well—and where they need to improve.

Below you will find the features, changes, and additions to Choices for College Success.

**Features for This Edition**

- The book’s title reflects the power of personal choice and responsibility. Each chapter and each activity will demonstrate how responsible decision making and follow-through put potential and ambition into action. Potential is the ability; ambition is the desire; and initiative is the doing.
- Each chapter starts with consistent pedagogical organizers—Chapter Objectives, Introduction, and Organizing Your Thoughts—and ends with a Summary.
- The chapter objectives that begin each chapter include one objective for each chapter section. The objectives repeat at the beginning of the appropriate section to remind students of the relationship of objective to material (without having to flip back to the beginning of the chapter). These objectives encourage students to use the chapter skills in a practical and observable manner. For instance:
  - The chapter on motivation and goal setting (Chapter 3) includes the following measurable objective: Describe two action steps you can take immediately to move closer to one of your goals.
  - The chapter on listening and note-taking skills (Chapter 5) includes the following measurable objective: Identify three expectations each of your instructors has for you this term—and explain what you are doing to fulfill those expectations.
The chapter on majors and careers (Chapter 13) includes the following measurable objective: Find and use at least three campus, community, and Internet sources that will help you make an informed decision about declaring your college major.

Each objective places responsibility on the student for making choices.

- A chapter Pre-Assessment appears in every chapter. These awareness-building activities allow students to reflect on their experiences and current level of expertise with the chapter topic—and identify areas in which they need to improve. The chapter then examines the concepts introduced in the Pre-Assessment.
- A chapter-ending Post-Assessment, titled “Learn it, question it, use it,” asks students what they have learned and how they will use what they have learned to move them closer to academic success and personal balance. This activity will help students to operationalize the material they have just read.
- In addition to a Pre-Assessment and Post-Assessment, each chapter has two types of Choices activities.
  - Priorities. These reflective activities allow students to hone their priority management skills as they relate to chapter topics.
  - Personal Well-Being. These reflective activities help students relate chapter concepts to the various dimensions of their lives (e.g., social, emotional, physical, and intellectual).
- The book is separated into three parts that reflect three distinct categories of choices students must make:
  - Choices for Priority Management
  - Choices for Academic Success
  - Choices for a Balanced Life
- Each part of the book ends with a quick R & R: Review and Renew activity. Students respond to three challenges before they move on to the next part of the book:
  - Identify and explain how at least one activity from each of the preceding chapters was meaningful to them.
  - Identify changes they need to make in order to have the life they want.
  - Identify the actions they took and still need to take to effect the changes they believe they need to make.
- Five Student Spotlights provide student perspectives on challenges and choices first-year students must address. These spotlights are strategically placed to open the book and open each of the three parts of the book.
- A final Student Spotlight will be written by the student reader of the book as a culminating activity.

New to the Second Edition

In addition to the features mentioned, the following are new to this edition.

- Two reasons rank high as to why students do not persist in their studies: time problems and money problems. That is one reason that the chapter on organiza-
tion is now the second chapter of the book. This chapter still contains traditional priority management skills, tips to organize personal space, and strategies to decrease stress. New to this edition is an introduction to managing finances early in this chapter. Students need to budget their money immediately—not at the end of the book or the end of the semester. Basic budgeting is introduced; more in-depth financial literacy is covered in Chapter 12.

- The topic of financial literacy has its own complete chapter (Chapter 12). Students will examine basic information and advice concerning budgeting, spending, saving, and loans. This chapter has been extended considerably from the previous edition.
- A revised chapter on health (Chapter 11) examines (in greater detail) the issues of diet, exercise, and physical conditioning.
- The chapter on information literacy (Chapter 9) has been revised to include a complete section on the responsibilities of the information age. This section examines academic integrity, social networking, and texting issues.
- The chapter on civility and group dynamics (Chapter 10) weaves diversity, communication, and conflict resolution into the discussion.
- Testing strategies have been divided into two chapters: one on test preparation (Chapter 7) and one on test performance (Chapter 8). These are complementary skills but different enough to warrant their own chapters.
- The various activities that students complete over the course of the book provide them with a portfolio of strategies developed and tested while internalizing the concepts from each chapter. In this way, they will be able to answer the question “What am I doing to get what I want?”

**Overview of the Chapters: What Is New and Revised?**

**Part One: Choices for Priority Management**

**Chapter 1: Transitions, Balance, and Organization (revised)**
- This chapter provides students with an overview of the book’s integrated themes of priority management and personal balance and well-being. Emphasizing that students are responsible for the choices they make, the chapter shows students how their informed choices will help them get what they want from school and life.

**Chapter 2: Organizing Time, Space, and Money (revised)**
- Students drop out of college for various reasons but the two main reasons reflect problems with time and money. Students who learn how to organize and manage their resources help themselves persist in their studies. This chapter introduces strategies to prioritize time, organize space, manage finances, and minimize stress.

**Chapter 3: Motivation and Goal Setting (revised)**
- This chapter examines what motivates students to achieve their goals. Values drive choices and affect goals. Students are encouraged to strike from their vocabulary two words, try and but, which can stymie motivation and block goals.
Chapter 4: Critical Thinking and Learning Preferences (revised)
- New to this edition is the complete VARK (7.0) learning preference inventory. Students are also encouraged to apply multiple intelligences to specific academic success issues.

Part Two: Choices for Academic Success
Chapter 5: Class-Time Listening and Note-Taking Skills (revised)
- Application activities on instructor styles and expectations help students prepare for classroom success. New to this edition is a section on comparing and contrasting note-taking styles, and another section on note-taking abbreviations has been added.

Chapter 6: Out-of-Class Strategies for Notes Review and Textbook Reading (revised)
- The importance of prioritization is reiterated (from Chapter 2) early in this chapter. A practical application allows students to practice a notes review strategy. How to use context clues and textbook graphics also now appears in this chapter.

Chapter 7: Test-Preparation and Memory Skills (revised)
- The topic of testing has been divided into preparation (this chapter) and performance (Chapter 8). The preparation chapter appears separately to emphasize that students must prepare long before they perform. The connection between test preparation and other study skills has been retained and emphasized. An effective memory helps students become more aware of their course material and organize that material more effectively. It will help them store information in a logical way so that they can recall it and use it in the future on exams—and beyond in life.

Chapter 8: Test Performance (new)
- Although many of these concepts were covered in the first edition, this entire chapter focuses on test performance. Trigger words for essay writing are still reviewed. New to this edition are specific test item examples and strategies for multiple-choice, matching, fill-in-the-blank, true/false, short-answer, and essay tests. Academic integrity has been reinforced in this chapter.

Chapter 9: Information Literacy (revised)
- A section on the responsibilities of the information age has been added. Topics include academic integrity, e-mail and texting responsibilities, social networking addiction, and cyber privacy issues.

Part Three: Choices for a Balanced Life
Chapter 10: The Many Faces of Civility (revised)
- Diversity has been used to anchor this chapter on communicating, collaborating, and conflict resolution.

Chapter 11: Treating Yourself with Respect (new)
- A smaller piece of this chapter appeared in the previous edition. The new chapter has significantly expanded information on physical conditioning. Exercise and diet have a major emphasis. Social and emotional connections to physical conditioning are covered as well.
Chapter 12: Financial Literacy (new)

- A small piece of this chapter appeared in the previous edition. This new chapter explores budgets, checking accounts, savings accounts, and loans. An underlying theme helps students see how responsible choices now can create financial habits that will build wealth—not debt—for the future.

Chapter 13: Exploration of Majors and Careers (revised)

- This chapter begins with ten misconceptions about college majors. The remainder of the chapter debunks the myths. One new activity helps students prepare to interview a professional in their career field of interest. Another new activity helps students develop lists of action words they can use in résumés and cover letters.

Afterword (new)

- This chapter is short yet powerful. It helps students review and evaluate the challenges they have faced and the choices they have made over the last few months. They also consider the changes that they need to make in the future—and the choices that will help them through the change process.
- The students will write their own student spotlight as a concluding activity.
- A new end-of-chapter list, A 14-Step Guide to a Life of Balanced Priorities, leaves students with summary “take-away points” from each chapter and the Afterword.

One last note about this second edition: Since the time that I wrote the first edition, Rhythms of College Success: A Journey of Discovery, Change, and Mastery, I have had the good fortune to write and publish Study Skills: Do I Really Need This Stuff?, Second Edition.* Some material from that book has been used in the chapters that follow.

Supplemental Resources

Instructor Resources

Resources to simplify your life and support your students.

Book-Specific Online Resources

- Instructor's Manual with Test Bank (ISBN: 0-13-700752-3) This manual provides professors a rich selection of teaching strategies to assist in implementing the concepts and activities in the text. The IM offers suggestions for student journal writing, creating thought-provoking situations, and group activities. The test bank, organized by chapter, includes multiple-choice, true/false, and short-answer questions. Instructors can download this supplement from the Instructor’s Resource Center at www.pearsonhighered.com/irc.

• **PowerPoint Presentation with Clicker Questions** (ISBN: 0-13-700754-X) Choices for College Success offers a comprehensive set of PowerPoint slides that instructors can use for class presentations and students can use for lecture preview or review. These slides include graphs and tables in the textbook and highlight the important points of each chapter to help students understand the concepts. Instructors may download the PowerPoint presentation from the Instructor’s Resource Center at www.pearsonhighered.com/irc.

• **MyTest** This Pearson computerized testing system allows professors to easily adapt, rearrange, and add to the test questions offered in the book-specific test bank. This technologically reliable, secure testing system also provides professors the ability to organize test questions by learning objective and offer feedback. It has a wide range of test types to suit any teaching and testing style. Upon completion, professors can print out the test for their students (www.pearsonmytest.com).

• **MyStudentSuccessLab** Are you teaching online, in a hybrid setting, or looking to infuse exciting technology into your classroom for the first time? Then be sure to refer to the MyStudentSuccessLab section on pages xxxiv–xxxv of this Preface to learn more. This online solution is designed to help students acquire the skills they need to succeed (www.mystudentsuccesslab.com).

**Other Resources**

**Instructor Resource Center**

Easy access to online, book-specific teaching support is now just a click away!

Register. Redeem. Login. Three easy steps that open the door to a variety of print and media resources in downloadable, digital format, available to instructors exclusively through the Pearson IRC: www.pearsonhighered.com/irc.

Choose from a wide range of video resources for the classroom!

• **Pearson Reference Library: Life Skills Pack** (ISBN: 0-13-127079-6). Contains all four videos, or they may be requested individually as follows:
  - Relating to Others, ISBN: 0-13-028511-0

• **Pearson Reference Library: Study Skills Pack** (ISBN: 0-13-127080-X). Contains all six videos, or they may be requested individually as follows:
  - Listening and Memory, ISBN: 0-13-028506-4
  - Note Taking and Research, ISBN: 0-13-028508-0

• **Pearson Reference Library: Career Skills Pack** (ISBN: 0-13-118529-2). Contains all three videos, or they may be requested individually as follows:


- Our Reference Library of thirteen popular video resources has now been digitized onto one DVD so students and instructors alike can benefit from the array of video clips. Featuring Life Skills, Study Skills, and Career Skills, they help to reinforce the course content in a more interactive way.

**Faculty Video Resources**
- Teacher Training Video 1: Critical Thinking, ISBN: 0-13-099432-4
- Study Skills Video, ISBN: 0-13-096095-0
- Faculty Development Workshop (DVD), ISBN: 0-13-227192-3

**Current Issues Videos**


- Our six most popular video resources have been digitized onto one DVD so students and instructors alike can benefit from the array of video clips. Featuring Technology, Math and Science, Managing Money and Career, Learning Styles and Self-Awareness, Study Skills, and Peer Advice, they help to reinforce the course content in a more interactive way. They are also accessible through our MSSL and course management offerings and available on VHS.

Through partnership opportunities, we offer a variety of assessment options!

- **LASSI:** The LASSI is a 10-scale, 80-item assessment of students' awareness about and use of learning and study strategies. Addressing skill, will, and self-regulation, the focus is on both covert and overt thoughts, behaviors, attitudes, and beliefs that relate to successful learning and that can be altered through educational interventions. Available in two formats: Paper ISBN: 0-13-172315-4 or Online ISBN: 0-13-172316-2 (access card).

- **Noel Levitz/RMS:** This retention tool measures Academic Motivation, General Coping Ability, Receptivity to Support Services, and Social Motivation. It helps identify at-risk students, the areas with which they struggle, and their receptiveness to support. Available in paper or online formats, as well as short and long versions. Paper Long Form A ISBN: 0-13-512066-7; Paper Short Form B ISBN: 0-13-512065-9; Online Forms A, B, & C ISBN: 0-13-098158-3.

- **Robbins Self-Assessment Library:** This compilation teaches students to create a portfolio of skills. SAL is a self-contained, interactive library of forty-nine behavioral questionnaires that help students discover new ideas about themselves,
their attitudes, and their personal strengths and weaknesses. Available in paper, CD-ROM, and online (access card) formats.

- **Readiness for Education at a Distance Indicator (READI)**: READI is a web-based tool that assesses the overall likelihood for online learning success. READI generates an immediate score and a diagnostic interpretation of results, including recommendations for successful participation in online courses and potential remediation sources. Please visit www.readi.info for additional information. ISBN: 0-13-188967-2.

- **Pathway to Student Success CD-ROM**: The CD is divided into several categories, each of which focuses on a specific topic that relates to students and provides them with the context, tools, and strategies to enhance their educational experience. ISBN: 0-13-239314-X.

Teaching tolerance and discussing diversity with your students can be challenging!

- **Responding to Hate at School**: Published by the Southern Poverty Law Center, the Teaching Tolerance handbook is a step-by-step, easy-to-use guide designed to help administrators, counselors, and teachers react promptly and efficiently whenever hate, bias, and prejudice strike.

For a truly tailored solution that fosters campus connections and increases retention, talk with us about custom publishing.

- **Pearson Custom Publishing**: We are the largest custom provider for print and media shaped to your course’s needs. Please visit us at www.pearsoncustom.com to learn more.

**Student Resources: Tools to Help Make the Grade Now, and Excel in School Later**

Today’s students are more inclined than ever to use technology to enhance their learning.

- **MyStudentSuccessLab**: Refer to the MyStudentSuccessLab section on pages xxxiv–xxxv to learn more about our revolutionary resource (www.mystudentsuccesslab.com). This online solution is designed to help students acquire the skills they need to succeed.

Time management is the #1 challenge students face. We can help.

- **Prentice Hall Planner**: A basic planner that includes a monthly and daily calendar plus other materials to facilitate organization. 8.5×11 trim size.

- **Premier Annual Planner**: This specially designed, annual 4-color collegiate planner includes an academic planning/resources section, a monthly planning section (2 pages/month), and a weekly planning section (48 weeks; July start
date), which facilitate short-term as well as long-term planning. Spiral bound, 6×9 trim size. Customization is available.

**Journaling activities promote self-discovery and self-awareness.**

- **Student Reflection Journal:** Through this vehicle, students are encouraged to track their progress and share their insights, thoughts, and concerns. 8.5×11 trim size. 90 pages.

The Student Orientation Series includes short booklets on specialized topics that facilitate greater student understanding.

- **S.O.S. Guides** help students understand what these opportunities are, how to take advantage of them, and how to learn from their peers while doing so. They include:
  - Jabr: English Language Learners, ISBN: 0-13-232242-0

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I continue to be a very lucky man!

Steve Piscitelli
Atlantic Beach, Florida
MyStudentSuccessLab is an online solution designed to help instructors engage their students in the course content, provide practice on skill development, and assess mastery. Additional resources, including sample syllabi, guide, assignments, and rubrics are included.

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- **Sample syllabus** – provided to ensure easy implementation.
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- **Additional Assignments** - Extra suggested activities to use with each topic:
  1. General activity related to an important objective for each topic.
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- Practice Tests for each chapter of your text assess your current understanding.
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