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Practicing College Learning Strategies presents practical applications of study skills in a clear and concise, workbook style format. The text is known for providing ample exercises throughout each chapter, reflecting the author's belief that students can be taught how to learn more effectively through hands-on reinforcement. Now produced in two-color, the Fourth Edition has a sleek design and is organized around a new learning strategies framework. This framework includes chapter-opening objectives that preview the materials students are about to learn. The author presents the latest research on the brain, helping students to understand how they learn, how to capitalize on their strengths, and how to adjust for their weaknesses. Structured activities and exercises guide students in the reflection process to make the information personal and useful and to provide practice opportunities. The straightforward explanations and structured activities that model the learning process make this text especially useful for first time college students or returning adults.