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Adults who enter college have unique challenges and concerns. New Beginnings is entirely devoted to helping adults develop skills to succeed in college from how to manage time and stress to how to develop strong writing and study skills. Specifically addressing adults by building on skills they already use in their everyday work and lives, this friendly, accessible, and supportive guide shows readers what to expect and how to create success in college. The 4th edition offers an expanded section on internet research and writing with a word processor. Eight chapters include information on test-taking, note-taking, classroom protocol, resources for help, strategies for reading and thinking critically; plus a basic grammar and math review.