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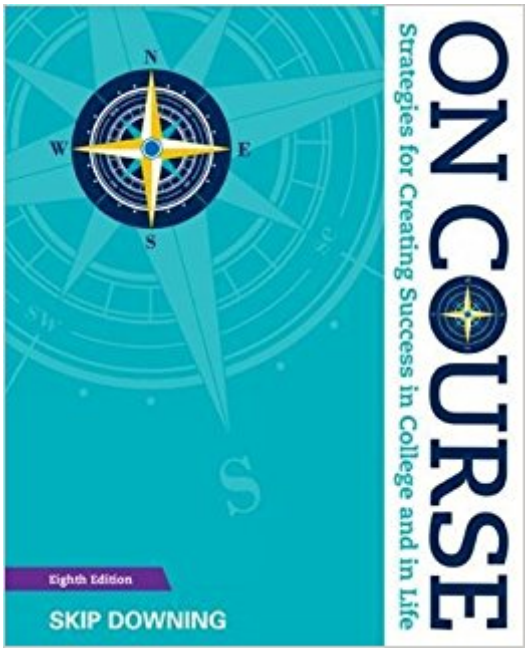
On Course: Strategies For Creating Success In College And In Life



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Synopsis

ON COURSE: STRATEGIES FOR CREATING SUCCESS IN COLLEGE AND IN LIFE empowers you with the tools you need to take charge of your academic and lifelong success. Now in its 8th edition, ON COURSE presents the choices that successful students make. A self-assessment at the beginning of the text helps you identify behaviors and beliefs you may wish to change in order to achieve more of your potential in college and in life. Through short articles and distinctive guided journal entries, the author encourages you to explore and develop eight keys to your success: personal responsibility, self-motivation, self-management, interdependence, self-awareness, lifelong learning, emotional intelligence, and self-esteem. As you develop these skills, you'll find yourself making more effective choices and achieving greater success. In addition, the "Toolbox for Active Learners" provides extensive coverage of study skills that will help you excel in all of your college courses. Another self-assessment before and after the "Toolbox for Active Learners" will show you how much you've learned about being an effective learner.

Book Information

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Customer Reviews

Get Ahead with Downing's On Course: Strategies for Creating Success in College and in Life View larger View larger View larger View larger Toolbox for Active Learners Unlike texts that present a long menu of study options, On Course organizes study skills based on the logical learning steps as identified by research on the brain and effective methods for learning. The strategies are all collected here so you can easily refer to this section. The section also includes a new Study Skills Self-Assessment that you can take before learning

about study skills to discover areas where you can improve. At the end of the course, retake the self-assessment to see how far you've come. Guided Journal Entries A guided journal entry immediately follows each article about a success strategy, giving you an opportunity to apply the strategy you have just learned to enhance your results in college and in life. Many instructors of the course say the guided journal writings are extremely powerful in helping students make new and more effective choices, thus improving their academic success and persistence. Case Studies in Critical Thinking Case studies help you apply the strategies you are learning to real-life situations. As such, they help prepare you to make wise choices in the kinds of challenging situations you will likely face in college. Because case studies don't have 'right' answers, they'll help you develop your critical and creative thinking. One Student's Story These 28 short essays are authored by fellow students who used On Course strategies to improve the quality of their outcomes and experiences in college. These stories show the positive and dramatic results possible when you apply what you learn in this course to overcome the multitude of challenges that can sabotage your success in college, and beyond.

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"Using the ON COURSE curriculum has impacted retention in a positive direction at our school. The textbook is engaging and diversified, and the format appeals to students at all levels of collegiate study. The topics are relevant to "real life," and students readily see the value of applying ON COURSE principles in their lives--from a personal, academic, and/or career-related perspective. ON COURSE provides valuable tools for pursuing success, and the textbook is replete with visuals, cartoons, quotes, tips, and testimonies that the students love.""ON COURSE is life-changing for my students. I have seen students evolve in ways they never imagined in a matter of a semester thanks to ON COURSE. I cannot imagine using another book. No other book encompasses the reflective, introspective, and success attributes that ON COURSE does. ON COURSE walks students through their journey of self-discovery and allows them to grow into the student they have always wanted to become."

Skip Downing is an international consultant in the field of faculty development and student success strategies. Dr. Downing has earned degrees from Princeton University, Johns Hopkins University, the University of Santa Monica, and Carnegie Mellon University. He holds advanced degrees in both English and counseling psychology. He was professor of English at Baltimore City Community College (BCCC) for 32 years. In addition to his role as an academic instructor, Dr. Downing created and coordinated BCCC’s Student Success and Learning Community Programs. These programs teach students how to apply proven success strategies to achieve their full potential in college and in life. The College Success Program resulted in a significant increase in both student academic success and retention. Dr. Downing has made numerous presentations at national conferences and conducted faculty development workshops at many two- and four-year colleges and universities in the United States, Canada, Bermuda, and the Virgin Islands. Dr. Downing’s teaching, writing, and consulting are all guided by his belief that the greatest mission of any educational institution is to empower its students to live rich, fulfilling lives. Since 1996, he has facilitated the On Course Workshops, intensive four-day retreats for college educators focusing on proven strategies for helping students become active, responsible partners in their education and achieve greater success in college and in life.

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is classic College 101 BS material. Become accountable! Be a better person! Do your homework! Thanks, I really needed to pay for a $150 class + Book + Mindtap TM subscription just for you to tell me that.Shove off, Skip. Hope you have fun with the money. Buy yourself a Porsche or something, Mr. Successful Pyramid-Scheme-Man.

This book is designed for college students to learn self-motivation and time management, but it can apply to anyone trying to achieve a goal. It is the best book of its type I have found. The Study Skills (blue pages) sections are absolutely wonderful. I saw it in a tutoring center at a local college and immediately bought one for my grandson. It includes positive motivation quotes, student stories, and workable approaches to identifying challenges, choosing options, and progressing toward solutions.

I rented this book for one of my college courses and is without a doubt the most annoying textbook I have ever read. It goes over lessons that are just common sense, I honestly didn't learn anything from reading it. All it talks about is the common sense bs that you learn in elementary school like do your homework, study for tests, don't get behind. Honestly if I wanted to study this type of information I would go back to preschool.

I bought a used book and I highly recommend it if you're on a budget and want a textbook for your own. It has some curved edges but overall it looks brand new, like it has only been used twice. I think this is a good price.

It's an amazing book definitely worth the purchase helped me with not only my assignments but with the whole college experience.

Good

ok

I don't care for it - honestly it was needed for my college class. It isn't all that bad but still...blah...

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