



Learning to Learn: Making the Transition from Student to Life-Long Learner

Kenneth A. Kiewra, Nelson F. DuBois

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Often students enter and slip through school without the proper skills necessary to learn. In other words, they need to learn how to learn. Graduates sometimes "forget" the skills they acquired in school and need to relearn learning in order to succeed in the workplace. This book provides important and necessary instruction on how to learn. With a focus on teaching learning strategies rather than the more narrow study skills, this book covers motivation, time management, learning principles, test review, test taking, and real-world strategies. It also addresses important topics such as test anxiety, notetaking, writing, and study groups. An ideal tool for teachers who want to teach their students proper learning skills or for the returning student who needs to brush up their technique.

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