



Your College Experience: Strategies for Success

John N. Gardner, Betsy O. Barefoot

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Written by the leading authorities in the field, *Your College Experience* offers today's diverse students the practical help they need to make the transition to college and get the most out of their time there. While maintaining its hallmark theme of goal setting, the book provides practical strategies across all topics to help college students be successful from the start. The book features a strong emphasis on the ten research-based High Impact Practices suggested by the American Association of Colleges and Universities. Chapters on Emotional Intelligence, Thinking, and Wellness are included, with tools and strategies that students can use on campus right now, integrated throughout. Features: * The latest research on the First-Year Experience. This book represents not only the practical experience of the authors' extensive careers teaching and directing this course, but also the culmination of decades of research. * A focus on self-assessment of strengths and goal setting. This hallmark feature helps students focus on purpose and motivation to encourage engagement. A section on goal setting in Chapter 1 gets students planning early. 'Assessing Your Strengths and Setting Goals' boxes in each chapter ask students to set goals and 'Stay on Track' exercises at the end of each chapter ask students to assess how to apply strengths to current and future academic work. * Practical tools to use in college and in life. *Your College Experience* gives students more tools than any book of its kind for understanding themselves, making decisions, and planning for the future: self-assessments for learning styles and multiple intelligences, formulas for calculating caffeine intake, planners for weekly to-do lists and career development, and more. * Models that let students see principles in action. Because many students learn best by example, full-size models-more than in any competing book-show realistic examples of annotating a textbook, creating a mind map, multiple styles of taking notes, and other strategies for academic success. This edition includes models from digital source to reflect the tools students will be using in their everyday lives. * Critical thinking questions and exercises in every chapter. Features, photos, and exercises include activities to help students master concepts and think critically about the material. * Where to Go for Help Boxes connect the student to campus, faculty, and other students. To help students take more control of their own success, every chapter includes a quick overview of further resources for support, including learning assistance centers, books, Web sites, and fellow students-with a prompt for students to add their own ideas.

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