



Study Strategies Plus: Building Study Skills & Executive Functioning for School Success

By Sandi Sirotowitz, Leslie Davis, Harvey C. Parker

The Union Institute Office for Social Responsibility. Paperback.
Book Condition: new. BRAND NEW, Study Strategies Plus: Building Study Skills & Executive Functioning for School Success, Sandi Sirotowitz, Leslie Davis, Harvey C. Parker, Designed for students in secondary school, this book of exercises and lessons helps them develop study strategies that include organisation, reading comprehension, note-taking skills, and test-taking skills. It first describes the executive functions of the brain -- the processes that help people stay organised, manage time, pay attention, plan future behaviour, and inhibit behaviour -- then provides the practical strategies needed to develop those functions. The practical exercises provided help with attention, communication, memory, time management, and self-control -- valuable lessons for studying that are essential for proper learning and retention. By improving the way students prepare for school and learn, school success can be achieved.



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