

fifth edition

THE STUDY SKILLS HANDBOOK

STELLA COTTRELL

million copy bestselling author

Study Skills Handbook The

S. Cottrell



Study Skills Handbook The:

The Study Skills Handbook Stella Cottrell, 2024-06-13 This is the ultimate guide to study skills written by million copy bestselling author Stella Cottrell Her tried and tested approach based on over 20 years experience of working with students has helped over a million students to achieve their potential When it comes to studying there is no one size fits all approach This engaging and accessible guide shows students how to tailor their learning to their individual needs in order to boost their grades build their confidence and increase their employability Fully revised for the sixth edition it contains everything students need to succeed This is an invaluable resource for undergraduate students of all disciplines and is also ideal for postgraduates mature students and international students It prepares students for what to expect before during and after their studies at university New content in this edition helps students make the most of online learning with a new self evaluation page and more on working collaboratively online This edition includes support tailored for students on hybrid asynchronous or distance learning courses as well as more material on building study stamina and improving concentration

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1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Study Skills Handbook The
 - Chapter 2: Essential Elements of Study Skills Handbook The
 - Chapter 3: Study Skills Handbook The in Everyday Life
 - Chapter 4: Study Skills Handbook The in Specific Contexts
 - Chapter 5: Conclusion
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