



Motivation and Learning Strategies for College Success: A Focus on Self-Regulated Learning

By Myron H. Dembo, Helena Seli

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This popular text combines theory, research, and applications to teach college students how to become more self-regulated learners. Study skills are treated as a serious academic course of study. Students learn about human motivation and learning as they improve their study skills. The focus is on relevant information and features designed to help students to identify the components of academic learning that contribute to high achievement, to master and practice effective learning and study strategies, and then to complete self-regulation studies whereby they are taught a process for improving their academic behavior. A framework organized around six components related to academic success (motivation, methods of learning, time management, control of the physical and social environment, and monitoring performance) makes it easy for students to understand what they need to do to become more successful in the classroom. Pedagogical Features include *Exercises*; *Follow-Up Activities*; *Student Reflections*; *Chapter-end Reviews* ; *Key Point*; and a *Glossary*.

New in the Fourth Edition: More emphasis on research findings; expanded discussion of motivation ; more emphasis on the impact of students' use of social networking and technology; research about neuroscience in relationship to motivation and learning; new exercises, including web-based activities; Companion Website, including an Instructor's Manual

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- Sales Rank: #529517 in Books
- Published on: 2012-11-07
- Original language: English
- Number of items: 1
- Dimensions: 10.00" h x 7.00" w x .75" l, 1.01 pounds
- Binding: Paperback
- 368 pages

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Editorial Review

Review

"Myron H. Dembo and Helena Seli have supplemented their impressive account of self-regulated learning with a companion website in this 4th edition. Together these components are an invaluable instructional resource for developing self-regulated learners."

Barry Zimmerman, Doctoral Program in Educational Psychology Graduate Center CUNY

"Motivation and Learning Strategies for College Success will appeal to students who are seeking greater depth and credibility in learning strategies. The authors do an excellent job of presenting research-based background in a context that emphasizes self-assessment and practical applications."

Philip Sakimoto, University of Notre Dame

About the Author

Myron H. Dembo is Emeritus Professor of Educational Psychology in the Rossier School of Education at the University of Southern California. He specializes in areas of learning and motivation, with special focus on teaching students how to become more self-regulated learners.

Helena Seli is Assistant Clinical Professor of Educational Psychology and Technology in the Rossier School of Education at the University of Southern California.

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