



How to Study: Suggestions for High-School and College Students (Chicago Guides to Academic Life)

Arthur W. Kornhauser

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A complete guide for successful studying, *How to Study* is concise, practical, time-tested, and free of gimmicks. Designed originally for freshmen at the University of Chicago, this smart book has helped generations of students throughout the country improve their skills in learning quickly and effectively. It offers a no-nonsense plan of action filled with techniques, strategies, exercises, and advice for:

*Mastering rather than just memorizing material

*Learning the secrets of mental preparation before tackling difficult assignments or exams

*Strengthening skills for better reading, note taking, and listening

*Improving use of time in the classroom, the library, and at home

It offers a wealth of advice, from the commonsensical ("Never begin study immediately after eating" and "Check every tendency to daydream") to the more psychological ("Use your knowledge by thinking, talking, and writing about the things you are learning").

Thoroughly revised and updated, this powerful little book can help any motivated and capable student work smarter, not just harder, from high school through college.

When he wrote *How to Study* Arthur W. Kornhauser (1896-1990) was associate professor of business psychology at the University of Chicago.



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