



The Art of Learning

Zbigniew Pietrasinski

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The Art of Learning deals with psychological knowledge of effective methods of learning for the student to develop good and effective study habits.

This book regards study habits as good training for efficient performance later in the student's actual work career. This text examines the rational methods of study and the habits of efficient studying, and even presents a questionnaire for the student to determine his own study habits. The author also emphasizes the equipment and place of study. Then the author evaluates the methods of book learning, such as preparation, intellectual activity during learning, concentration, and memorizing. He also gives tips when the student is learning large amounts of material, reading techniques, group studies, and taking notes. This book presents as well ways how the student can plan his studies, the principles of habit formation, and an example of the modern method of forming occupation habits. This text also tackles the acquisition and development of qualities such as the psychological bases of the creative attitude and the principles of rationalization, effort, and better utilization. This book then discusses the acquisition of wisdom and the common ways to finding it.

This text is suitable for students in technical schools, universities, and colleges; part-time students; students who are self-learners; and those in adult-education schools.

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