

University 101: Study, Strategize, and Succeed helps students to create a foundation for post-secondary studies by learning how to learn. By taking the time to read this book and work through the exercises included, students are investing in the skills that will support them in all of their classes and future learning. Successful students share a set of skills and habits in common. The good news is that these skills are not a secret; anyone can learn the skills that support successful learning. By taking some time to learn proven study strategies, students will be able to reach their learning goals, and avoid the pitfalls that can take them off-track.

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