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On Course: Strategies for Creating Success in College and in Life

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Written in a positive, motivational style, *On Course* empowers students with tools they need to take charge of their success in college and life. Downing's distinctive guided journal entries help students develop essential life skills by encouraging exploration of personal responsibility, self-motivation, interdependence, and self-esteem. Extensive coverage of study skills—including reading, note taking, memorizing, and test taking—provided in the *Wise Choices in College* sections help students excel in all of their college courses.

- Coverage of stress management helps students understand the nature of stress, its consequences, and strategies for overcoming it.
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