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

Helena Seli, Myron H. Dembo

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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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