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LEARNING HOW TO LEARN is one of the most valuable tools available to help students achieve success in school and life. The 'brain power' one applies to any task is critical. In order for students to improve their performance at school, they must understand all there is to gain from improvement, and they must be committed to actively pursuing their goals. Once an individual realises success and the wonderful feelings of self-confidence and pride that follow, the task of learning becomes easier. This book contains the ideas, suggestions and strategies to help students achieve that success.

LEARNING HOW TO LEARN is intended for students, teachers, parents and anyone who wants a hands-on guide and reference for 'learning how to learn'. This book is not a book to read; it is a book to use, to write in and to tear apart. It is a book filled with practical hints, methods, tips, procedures, resources and tools that will help students succeed in school. Care has been taken to omit any 'educational jargon' and to present the material in a straightforward manner.

The format of organised step-by-step procedures has been broken down into manageable blocks that apply across all content areas. Throughout the book the main concepts are stressed with a positive attitude, a feeling of accomplishment and self-worth, and a sense of humour.

What sets this book apart from other study skills books is the construction of every concept – a format that allows the 'user' to get right to the heart of the matter in a simplified manner. Now good ideas are easy to find, digest and put to immediate use.

