

Chapter 1	1
Adjusting to College: We're Not in High School Anymore! Roadmap	
High School Is Not College	3
College Involves Freedom and Responsibility	5
In College, Studying Happens Outside of Class.	6
The Syllabus Is Your Best Friend.	6
The Road to Success	8
So—What Is Success in College?	8
Success Means Becoming Qualified	9
What Is Failure in College?	9
Attitudes and Resources for Success	9
Summary	11
Review Questions	12
Assignment 1.1	19
Maintain a Record of Your Progress	19
Chapter 2	23
Organizing: Plan Your Work and Then Work Your Plan Roadmap	
Time Management: A Myth	26
The Study Plan	28
Components of the Study Plan	29
Creating Your Study Plan Tools	29
The Alphabet Approach	34
Summary	37
Review Questions	38
Assignment 2.1	47
Mark Your Monthly Calendar	47
Assignment 2.2	53
Develop Study Plans for Courses	53
Assignment 2.3	57
Weekly Appointment Sheet	57
Assignment 2.4	61
Study Session Tickets	61

Chapter 3	65
Listening and Taking Notes: Do You Hear What I Hear? Roadmap	
Listening for Success	67
A. Preparing to Listen	68
B. Active Listening During Class	69
Taking Notes for Success	71
A. The Cornell Method of Note Taking	71
Summary	77
Review Questions	78
Assignment 3.1	97
Practice Taking Notes	97
Chapter 4	99
Reading: What They Never Taught You in Kindergarten! Roadmap	
What Is Reading?	101
Why Textbooks?	103
How to Read a Textbook	104
Road Signs for Reading	108
Responding to New Vocabulary	109
Summary	111
Review Questions	112
Assignment 4.1	127
Practice Identifying New Vocabulary	127
Chapter 5	129
Focus on Learning: Why Am I Really in College? Roadmap	
Focus	133
Goals	135
Pace	136
Depth	137
Responsibility	138
Summary	141
Review Questions	142
Assignment 5.1	157
Study Group (2–4 people for four meetings)	157
Study Group Report Form	158

Chapter 6	159
Learning Styles: How Do I Learn Best? Roadmap	
Individual Orientation to Learning	161
Learning Styles and Strategies	163
Discovering Your Own Learning Styles	164
Practice What You Have Learned Analyzing Your ILS Results	167 167
Summary	169
Review Questions	170
Assignment 6.1 Learning Style Assessment	179 179
Assignment 6.1 Index of Learning Styles: My Results and Analysis Assignment 6.1	181 181
Assignment 6.1 Index of Learning Styles: My Results and Analysis (continued)	183 183
Chapter 7	185
Writing College Papers: I Have a Paper Due! Roadmap	
Guidelines for College Writing	187
Resources for College Writing	191
Planning the College-Level Paper	193
Summary	197
Review Questions	198
Assignment 7.1 Practice Finding Resources	213 213
Assignment 7.1 Practice Finding Resources	213 215
Chapter 8	217
Connecting to Resources: People, Places, and Things Roadmap	
People	220
Advisors	220
Coaches	220
Counselors	220
Faculty (Office Hours) Staff	220 221
Librarians	221
Other Students	221
Security	221
Academic Tutors	222

Places	222
Learning Centers or Academic Centers	222
Computer Labs	222
Counseling Center	222
The Library	223
The Campus Bus System	225
Technology	225
Your College Portal	225
College Webmail	225
Course Management Systems	227
Using Your College Database Software	228
Summary	229
Review Questions	230
Assignment 8.1	241
Identifying Campus Resources	241
Assignment 8.1	243
Directory of Campus Resources	243
Assignment 8.1	245
Directory of Campus Resources (continued)	245
Chapter 9	247
Balancing College Life: Walking the Tightrope Roadmap	
Balance Defined	249
Elements of Balance in College	250
Characteristics of a Balanced College Student	251
Ways to Maintain Balance	251
Psychological Balance	252
Physical Balance	256
Financial Balance	259
Summary	261
Review Questions	262
Assignment 9.1	277
Maintaining Balance in Life During College	277

Chapter 10	279
Planning for the Future: What Courses Should I Take? Roadmap	
Graduation Requirements	282
The Core Curriculum	282
The College Catalog	282
Courses and Credit	283
Courses to Avoid	283
Online Courses	284
Planning Your Semester Course Load	285
How to Calculate Your GPA	286
Graduation Application	287
Designing Your Long-Term Graduation Plan	288
Summary	292
Review Questions	293
Assignment 10.1	307
Design Your Long-Term Graduation Plan	307
Assignment 10.2	311
Plan Semester Registration	311
Appendix	313
Answer Key for Reading Comprehension Questions	
References	315
Index	321