

From Best-Selling Author
SAUNDRA McGUIRE

A Powerful Text for First-Year Experience and Study Skills Courses

Teach Yourself How to Learn

Strategies You Can Use to Ace Any Course at Any Level

**Saundra Yancy McGuire
With Stephanie McGuire**

Foreword by Mark McDaniel

NEW

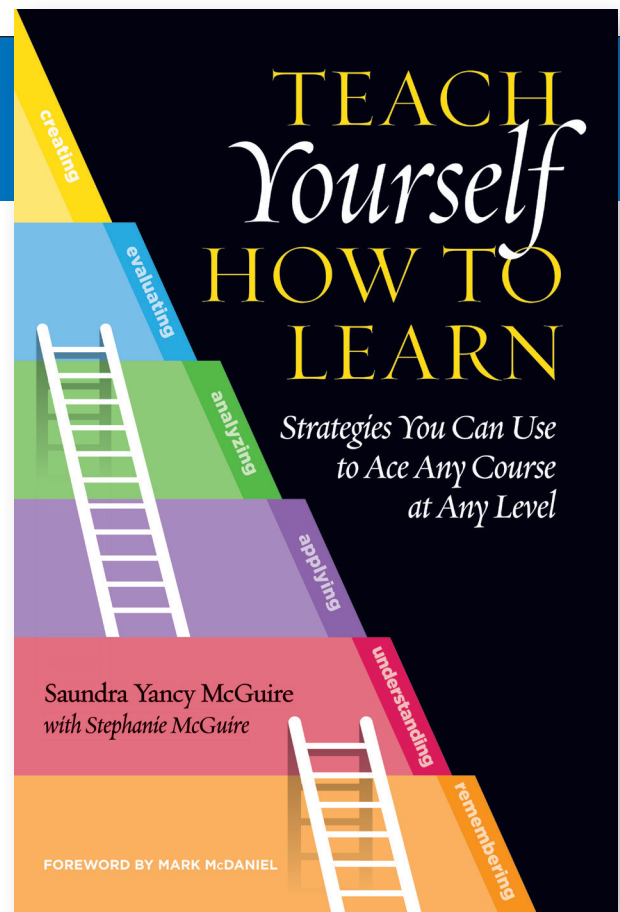
*“Teach Yourself How to Learn can be a life changer. This book provides students with a toolkit for learning. Reliable and evidence-based techniques are described that every student can use. Students will learn about diagnosing the shortcomings in their own study techniques. To shore up those shortcomings, students will learn about effective ways to learn and build understanding. Students will find out how to increase comprehension of reading assignments by taking steps to engage in active reading, to increase understanding by posing and answering deep level questions, and to increase learning by studying as if you were going to teach the assigned material to the class. With this book, students will gain the insights and concrete techniques that are the foundations of effective learning and studying.”—MARK MCDANIEL, Co-author of *Make It Stick: The Science of Successful Learning*, Center for Integrative Research on Cognition, Learning, and Education, Washington University in St. Louis*

Following up on her acclaimed bestseller *Teach Students How to Learn*, an in-depth guide to facilitating dramatic improvements in student learning and success, Saundra McGuire here presents her insights directly to students.

She argues persuasively that “[a]ny student can use simple, straightforward strategies to start making A’s in their courses and enjoy a lifetime of deep, effective learning.”

The author begins by explaining why readers may not already know how to learn and then gives them a concrete way of understanding the difference between college-level and secondary school-level academic demands. Alongside several concrete strategies for meeting these demands, McGuire introduces the concept of metacognition and explains to readers the powerful consequences of understanding themselves as learners.

Paper, \$19.95 | eBook, \$15.99



Get **30% OFF** Saundra McGuire titles and **free shipping**.

Use code **SM30** at www.styluspub.com. Offer expires December 31, 2020.



Connect with Stylus Online! [f](#) [@](#) [in](#) [t](#) YouTube @StylusPub

TO ORDER: CALL 1-800-232-0223 FAX 703-661-1501 E-MAIL StylusMail@PressWarehouse.com WEBSITE www.Styluspub.com