

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

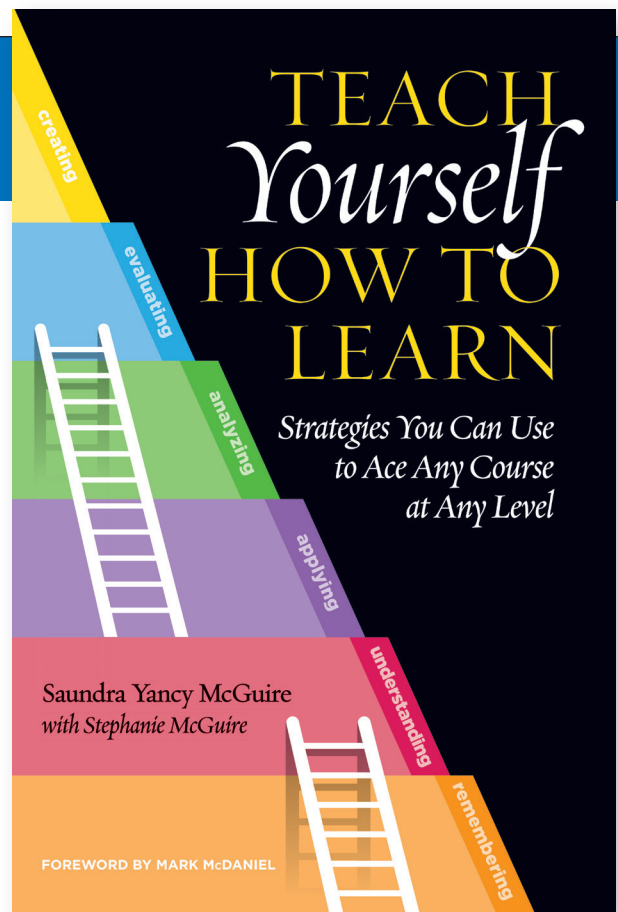
“Teach Yourself How to Learn can be a life changer. This book provides students with a toolkit for learning. Reliable and evidence-based techniques are described that every student can use. Students will learn about diagnosing the shortcomings in their own study techniques. To shore up those shortcomings, 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



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From Best-Selling Author
SAUNDRA McGUIRE

Teach Students How to Learn

Strategies You Can Incorporate Into Any Course to Improve Student Metacognition, Study Skills, and Motivation

**Saundra Yancy McGuire
With Stephanie McGuire**

Foreword by Thomas A. Angelo

“Dr. McGuire’s book, *Teach Students How to Learn*, is a must read for faculty, staff, students, and top administrators. Students are coming to college not knowing what to expect or how to handle the level of preparedness that is expected of them. The strategies in this book are not difficult to implement or to include in the instruction of early core classes or a freshman seminar class. The best or the least prepared students can learn from Dr. McGuire’s strategies.”—*NCLCA Newsletter*

What is preventing your students from performing according to expectations? Saundra McGuire offers a simple but profound answer: If you teach students how to learn and give them simple, straightforward strategies to use, they can significantly increase their learning and performance.

For over a decade, Saundra McGuire has traveled the country giving acclaimed presentations and workshops on metacognition and student learning. The tools and strategies she shares have enabled faculty across a broad range of disciplines to facilitate dramatic improvements in student learning and success. This book encapsulates the model and ideas she has developed over the past 15 years, ideas that are being adopted by an increasing number of faculty with considerable effect.

Co-published with NISOD

Paper \$32.00 | eBook, \$25.99



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