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whether entering higher education straight from school or returning to study later in life students need to develop effective study skills to get the most out of a course whatever the subject this book will help to achieve the aims of the student by offering practical advice and useful techniques for successful study these skills are not always taught as part of courses because of time restriction but with an increased performance emphasis for lecturers they are vital to the success of the course in addition to this with more and more people returning to education and undergoing continuing professional development the audience for this book is growing rapidly the book covers three main areas accepting responsibility for learning personal well being avoiding stress and organising time student centred learning developing the ability to learn and communicate through thinking listening observing writing and talking revision and examination techniques approaching examinations with confidence with additional help of choosing the right course and a new section on computer skills study will be a valuable addition to the bookshelf of any student

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