

Seli

Motivation and Learning Strategies for College Success

A Focus on Self-Regulated Learning

Now in its 7th edition, *Motivation and Learning Strategies for College Success: A Focus on Self-Regulated Learning* provides a framework organized around motivation, methods of learning, time management, control of the physical and social environment, and monitoring performance that makes it easy for students to recognize what they need to do to become successful learners. Full of rich pedagogical features and exercises, students will find Follow-Up Activities, Opportunities for Reflection, Chapter-End Reviews, Key Points, and a Glossary. Seli focuses on the most relevant information and features to help students identify the components of academic learning that contribute to high achievement, to master and practice effective learning and study strategies, and to complete self-regulation studies that teach a process for improving their academic behavior. Combining theory, research, and application, this popular text guides college students on how to improve their study skills and become more effective, self-regulated learners. New in the 7th edition: - Increased focus on students' lived experiences based on race, gender, socio-economic status, and ability - Increased coverage on cultural responsiveness and equity in education - Additional content relevant for students with special needs - Acknowledgement of the impact of COVID-19 on higher education - General updates throughout to citations and research since the previous edition - Updated companion website resources for students and instructors, including sample exercises, assessments, and instructors' notes

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