



# Six Steps to College Success: Learning Strategies for STEM Students

*Kathleen C. Straker, Eugenia G. Kelman*

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Six Steps to College Success is written for students who want to take charge of their own learning. Originally developed for graduate, medical, dental, veterinary and nursing students, these evidence-based techniques proved to be so successful that undergraduate students requested their own version of the book. The new field of Educational Neuroscience draws from the disciplines of education, psychology and neuroscience. We have been drawing from these same disciplines of study for over 20 years! Much of the recent research in educational neuroscience better explains WHY the strategies we have been teaching are so effective. This study system will help you retain the information presented in your classes, textbooks and labs and will teach you to: Reduce stress by developing a manageable schedule Get the most out of lectures Use critical thinking to organize essential information Create highly organized notes for easy review and self-testing Recall and apply information for exams and laboratory work Improve long-term memory Increase concentration Reduce test anxiety Take exams with confidence

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