

Academic Transformation: The Road to College Success Plus NEW MyStudentSuccessLab with Pearson eText -- Access Card Package (3rd Edition)

De Sellers Ph.D., Russ B Hodges Ed.D., Carol W. Dochen Ph.D.

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Academic Transformation uses an academically rigorous yet engaging and practical approach to successfully balance cognitive and self-regulation theory and research with realistic and proven skills that students can apply to their college careers. **MyStudentSuccessLab** (www.mystudentsuccesslab.com) helps students to 'Start strong, Finish stronger' by acquiring the skills they need to succeed for ongoing personal and professional development.

Teaching & Learning Experience: Connects Theory to Practice ("Learning Frameworks")

Academic Transformation utilizes a narrative tone and eye-catching design to provide powerful lessons on the subjects of learning, academic performance, willpower, motivation, procrastination, time management, stress management, and behavior redirection all while giving readers a solid understanding of why certain strategies lead to goal achievement. This program provides:

• **Personalized Learning with MyStudentSuccessLab:** Whether face-to-face or online,

MyStudentSuccessLab helps students build the skills they need through peer-led video interviews, interactive practice exercises, and activities that provide academic, life, and professionalism skills.

• **Autonomous Learning:** The current college population, often called the iGeneration, needs this proven path to become autonomous learners and to successfully navigate the academic and work world.

• **Research-Based:** Incorporates the latest research from neurobiology related to cognition and self-regulation, thus deepening student knowledge of how to become an autonomous learner.

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