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The concise length, tight focus, and emphasis on self-development are keys to this text's appeal. Written in a positive, motivational style, On Course empowers students with tools they need to take charge of their success in college and life. Downing's distinctive guided journal entries help students develop essential life skills by encouraging exploration of personal responsibility, self-motivation, interdependence, and self-esteem. Extensive coverage of study skills--reading, note taking, memorizing, and test taking--provided in the "Wise Choices in College" sections help students excel in all of their college courses.

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