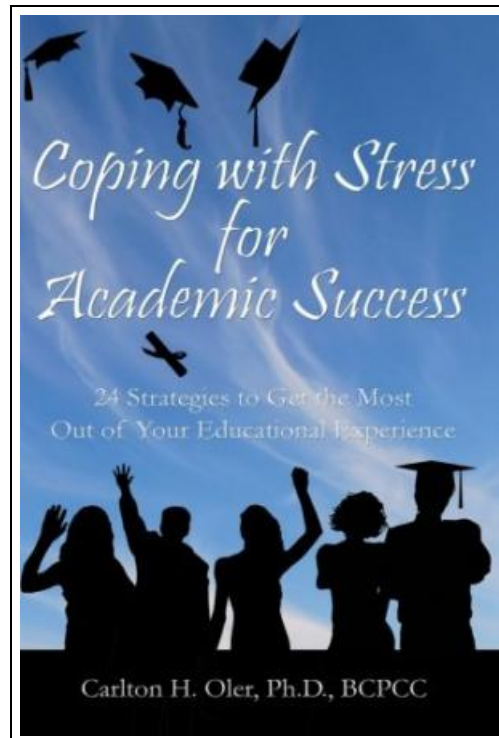


Coping with Stress for Academic Success: 24 Strategies to Get the Most Out of Your Educational Experience (Paperback)



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Reviews

Thorough information! Its such a good study. Sure, it is perform, still an amazing and interesting literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Evie Emmerich)

COPING WITH STRESS FOR ACADEMIC SUCCESS: 24 STRATEGIES TO GET THE MOST OUT OF YOUR EDUCATIONAL EXPERIENCE (PAPERBACK)



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Createspace Independent Publishing Platform, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The purpose of this book is to provide students, from high school to college, as well as graduate and professional school, with insights and strategies to prevent, eliminate, or reduce the stress in major student-relevant areas that can undermine academic performance and satisfaction. This book is unparalleled in breadth and depth because it covers the stress dynamics in such areas as poor self-discipline and organization, procrastination, time-consuming and/or unhealthy relationships with significant others and peers, low self-worth, poor assertiveness, poor communication skills, alcohol and other drug use, excessive use of technology and television, poor diet, lack of exercise, inadequate sleep, not knowing and respecting your limits, worrying and catastrophizing, grade perfectionism, and poor money management. All the above is approached from a refreshingly practical and spiritual perspective. Though this book is primarily geared for students, those who work with students (such as educators and academic or personal counselors) will find it useful for appreciating the multiple stresses students contend with and as a means to provide help. Parents will also gain greater insight into the challenges students face, and be better able to support them to get the most out of their educational investment. Students already burdened with many demands will both welcome and value the fact that this reader-friendly book will give them the tools (academically and personally) they need to succeed in a relatively brief format.

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