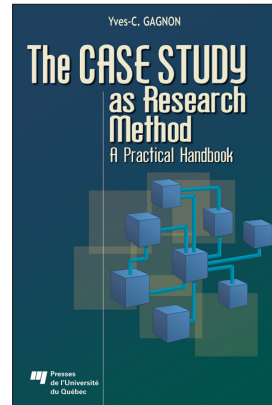


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YVES-CHANTAL GAGNON

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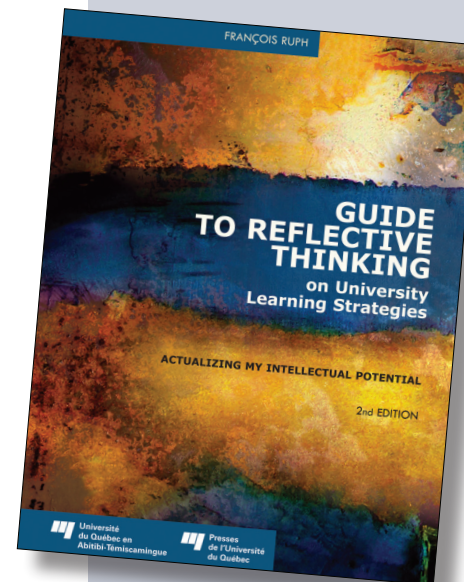


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2nd Edition



François Ruph

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LEARNING IN THE UNIVERSITY IS not always a rest cure. On top of the volume of knowledge to be acquired, the assimilation of new concepts, and the complexity of discipline-specific procedures and technologies, students must also take into account all the other factors that may impact on the quality of their learning: professors' requirements, educational

styles, team assignments, the vagaries of their own attention and memory, their motivation level... To succeed, the student must become a strategist and draw up a battle plan.

Being strategic in one's studies and learning is to reflect before, during, and after each activity in order to maximize its efficiency; in other words, to optimize the yield of the efforts invested to succeed and achieve the competency level prescribed by the training program. This guide sets out the essential knowledge for a better self-understanding and the principles for dealing efficiently with one's studies, in order to help students achieve their personal goals.

THE AUTHOR

- ▶ *François Rupp, now retired, was a Professor in the Department of Education Science of Université du Québec en Abitibi-Témiscamingue (UQAT) and Director of the Unité de recherche en éducation cognitive [Cognitive Education Research Unit], which he is still a member. In 2000, he received the Canadian Association for University Continuing Education (CAUCE)'s Graduate Student Research Award for his doctoral thesis on cognitive efficiency.*

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