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...
Actualizing my Intellectual Potential

Guide Overview

Identifying my Potential to be Actualized

Developing a Strong Sense of Competence

Increasing my Motivation to Enjoy Studying

Improving my Stress Management

Learning to Better Control my Impulsivity

Improving my Attention and Concentration

Learning to Memorize Better

Improving my Organization, Planning and Resources Management

Learning to Better Use Information

Learning to Communicate my Ideas Better

Improving my Problem-solving Skills

Appendix

Synoptic Overview: Example
Essay Term-assignment Task Planning: Example
Course Material Organization: Example
Note Taking Organization: Example
Stress Management Internal Dialogue Memory Tool: Example
Memory Function Notes Mapping: Example
Written Assignments: Methodological Checklist

THE AUTHOR

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