



Academic Transformation: The Road to College Success, Student Value Edition (3rd Edition)

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

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This book uses the latest neurobiological research to help students master both cognitive and self-regulation skills for college success.

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.
- **Study Aids:** Various enhancements offer students a better learning experience.
- **Application to Other Academic Courses:** From learning objectives and self-assessments to summaries, key terms, and critical thinking exercises utilizing journal questions, students have the opportunity to apply what they are learning so that each knowledge/skill set will generalize to their other academic courses.

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