

Choosing Success, 3e

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Detailed List of New Features

New Feature: Hacks and Apps

This new pedagogical feature offers students solutions and online resources for problems they might not even know they have, such as finding better ways to connect with classmates, study material online, or manage health and wellness plans.

Chapter by Chapter Changes

CHAPTER ONE First Steps to Choosing Success

- Updated Tips for Week 1 feature with focus on decision making
- Updated images throughout
- New Hacks and Apps feature on feeling overwhelmed, making better choices, and utilizing online learning resources

CHAPTER TWO Interacting with Your College Community

- Updated Identifying Campus Resources Activity
- Updated material on surface culture and deep culture
- Updated material on involvement through campus groups and service learning
- Updated material on appropriate uses of technology during class
- Updated material on out-of-class behavior, including inequities in requesting "make up work" and informing faculty about significant life events that may result in absences
- Updated images throughout
- New Hacks and Apps feature on meeting new people, avoiding overcommitting, and getting to know your professors

CHAPTER THREE Deciding to Know Yourself

- Updated images throughout
- New Hacks and Apps feature on remembering new names and studying in new environments

CHAPTER FOUR Choosing Goals for College and Life

- New Module on mind growth and staying on track
- New Activity: Overcoming Adversity
- New Hacks and Apps feature on managing goals with digital tools

CHAPTER FIVE Decisions for Managing Time

- New material on time management
- Updated How Am I Doing with Time Management? Activity
- Updated images throughout
- New Hacks and Apps feature on managing time and energy with digital tools

CHAPTER SIX Choices for Succeeding in Class: Listening and Notetaking

- Updated images throughout
- New Hacks and Apps feature on taking notes with digital tools

CHAPTER SEVEN Choosing to Read Actively

- New Hacks and Apps feature on reading and annotating texts online

CHAPTER EIGHT Decisions about Study and Test Taking

- New material on preparation for two different types of exams: subjective and objective
- Updated Creating Your Own Mnemonics and Study Plans Activity
- Updated images throughout
- New Hacks and Apps feature on organizing and reviewing information with digital tools

CHAPTER NINE Making Choices about Today's Technology

- New material on the myths and realities of online learning
- Updated Are You Ready to Be a Distance Learner? Activity
- New Hacks and Apps feature on studying new topics for free online

CHAPTER TEN Making Financial Decisions

- Updated Using a Budget Activity
- New material on getting your money's worth from college
- Updated material on consumer debt
- New material on protecting credit and debit cards
- Updated material on maintaining your digital identity
- Updated images throughout
- New Hacks and Apps feature on money management and password protection tools

CHAPTER ELEVEN Choosing Health and Wellness

- New material on balanced nutrition
- Updated material on sleep
- Updated material on eating disorders
- New Hacks and Apps feature on incorporating exercise and maintaining health and nutrition

CHAPTER TWELVE Exploring Career Options and Opportunities

- Updated material on job statistics
- Updated material on studying away
- New material on workplace skills
- Updated images throughout
- New Hacks and Apps feature on changing majors, staying motivated throughout college, and creating career contacts

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