



## **P.O.W.E.R. Learning: Strategies for Success in College and Life, 8th edition**

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### **Chapter by Chapter Changes**

#### **CHAPTER 1—P.O.W.E.R. LEARNING: BECOMING A SUCCESSFUL STUDENT**

1. Refined description of economic value of college
2. New statistics on lifetime monetary value of a college education
3. New statistics on annual gap between high-school and college-educated earners
4. Rephrased how service learning is defined
5. Brain wave passwords
6. Self-driving cars
7. Refined definition of service learning
8. Defined acronym
9. Internet access as part of preparation
10. Redefined growth mindset
11. Introduced concept of grit
12. Introduced definition of fixed mindset
13. Cultivating grit
14. Clarified importance of reading material assigned, but not discussed, by instructors

## CHAPTER 2—MAKING THE MOST OF YOUR TIME

1. Clarified the goals of time management
2. Clarified directions for completing time log
3. Added strategies for scheduling homework and study time
4. Changed section on "study time" to "homework and study time"
5. Monitor children's screen time
6. Clarified the value of doing less
7. Revised description of to-do list
8. Smartphone apps to time study sessions
9. Revised *Resources* section
10. NEW Animations In Connect

## CHAPTER 3—DISCOVERING YOUR LEARNING STYLES, SELF-CONCEPT, AND VALUES

1. Rephrased definition of receptive learning style
2. Clarified separate intelligences in multiple intelligences theory
3. Refined definition of spatial intelligence
4. Clarified Myers-Briggs four-dimension approach
5. Refined explanation of intuitors versus sensors in Myers-Briggs approach
6. Clarified left versus right brain processing
7. Relationship of learning styles to success
8. Clarified definition of learning theories
9. Refined explanation of reinforcer
10. Refined description of consequences of exposure to negative messages
11. Expanded explanation of values
12. Clarified need to revise personal mission statements

## CHAPTER 4—TAKING NOTES

1. Refined explanation of why less can be more in taking notes
2. Refined section on instructor limitations
3. Research on off-task laptop use during class
4. Clarified significance of instructor nonverbal cues
5. Revised concept map key term
6. Clarified taking study notes on material that can't be written on or annotated
7. Use of note-taking apps to take notes in class
8. Importance of using critical thinking skills to evaluate information
9. Fake news and social media
10. Revised *Resources* section
11. NEW Animations in Connect on Note Taking

## CHAPTER 5—TAKING TESTS

1. Refined explanation on importance of learning about tests before taking them
2. Clarified different types of test questions
3. Clarified description of essay questions
4. Refined description of short-answer and fill-in questions
5. Provide examples of apps for taking study notes (Evernote and OneNote)

6. Refined description of value of test anxiety
7. Cultivation of growth mindset to deal with math anxiety
8. Added more strategies to deal with math anxiety and testing
9. Use of scanners to grade tests
10. Importance of bringing photo ID to tests
11. Identification verification at testing centers
12. Taking tests at testing centers
13. Self-talk prior to starting tests
14. Visualization of success before starting tests
15. Clarified strategies for starting essay exams
16. Clarified short answer and fill-in questions
17. Refined description of absolute words in testing items
18. Clarified educated guessing strategy
19. Refined discussion of end-of-test strategies
20. Politely consulting with instructor after poor test performance

## CHAPTER 6—READING AND REMEMBERING

1. Clarified concept of advance organizers
2. Clarified creation of advance organizers
3. Refined description of identifying length of chapters before starting to study
4. Clarified rationale for purchasing new vs. used textbooks
5. Clarified use of online dictionaries
6. Clarified SQ4R study system
7. Refined memorization technique availability
8. Clarified discussion of multiple memory strategies
9. Clarified ways of rehearsing material
10. Refined description of acrostics
11. Clarified how retention can be hindered by mnemonics that don't focus on meaning
12. Clarified example of overlearning
13. Explanation of memory consolidation process
14. Refined importance of rethinking for comprehension

## CHAPTER 7—WRITING AND SPEAKING

1. Clarified explanation of writing as a process
2. Refined description of liberating value of starting a blank page
3. Refined description of goal of writing assignments
4. Clarified rationale for brainstorming
5. Clarified the value of virtual or hard-copy information folders
6. Updated citation examples
7. Refined description of common knowledge
8. Clarified the use of scaffolding
9. Added argument as a key term
10. Added background as a key term
11. Refined description of writing in short chunks
12. Clarified value of putting aside first drafts for a time
13. Clarified need for multiple drafts
14. Clarified need to cut extraneous information
15. Refined the description of the process of rethinking
16. Importance of noting source material

17. Reiterated importance of the first few minutes of a talk
18. Clarified importance of notes
19. Described importance of using reliable sources and avoiding fake news

## CHAPTER 8—CHOOSING YOUR COURSES AND MAJOR

1. Clarified requirements for majors and other academic unit requirements
2. Redefined articulation agreement
3. Clarified definition of registrar
4. Refined description of personal schedule choices
5. Refined definition of registering
6. Strengthened description of importance of meeting with an advisor
7. Verification of enrollment in courses
8. Importance of taking stock of your choices
9. Refined description of education as a lifelong activity
10. Statistics on what graduates with particular majors earn over a lifetime
11. Highlighted the shortsightedness of choosing a major based on primarily on salary

## CHAPTER 9—TECHNOLOGY AND INFORMATION COMPETENCY

1. Clarified concept of digital divide
2. Role of course websites
3. Removed reference to wikis
4. Clarified and updated individual response technology
5. Clarified importance of keeping emails short
6. Avoiding use of postscripts in email
7. Expanded online netiquette
8. Avoiding use of sarcasm
9. Expanded phishing material
10. Safety issues on social media
11. Revised statistics on Facebook and Twitter use
12. New character limit on tweets
13. Free online courses such as edX and Coursera
14. Necessity of good Internet service for distance learning courses
15. Asking for help in online courses
16. Making the most of online feedback
17. Redefined online database
18. Expanded explanation of encyclopedias to include handbooks
19. Clarified reserve collections
20. Clarified online catalog content
21. Clarified description of interlibrary loan
22. Avoiding fake news websites
23. Updated web search statistics
24. Refined description of use of search engine results

## CHAPTER 10—MAKING GOOD DECISIONS

1. Criteria for making optimal decisions based on critical thinking
2. Clarified assessing the alternatives
3. Clarified working through the steps of assessing alternatives
4. Refined description of tossing a coin

5. Clarified going with a gut feeling
6. Clarified the necessity of generating appropriate solutions in problem solving
7. Refined description of importance of defining problems to be solved
8. Clarified need to use different strategies to solve life's more complex problems
9. Rephrased strategy of temporary stopping efforts at problem solving
10. Clarified need for clear and unbiased critical thinking
11. Clarified how naming something is not explaining it
12. Refined description of how generalities can be made to seem definitive
13. Clarified fallacy of common sense
14. New principle of conflict resolution
15. Strategy of blocking a person from social media after the end of a relationship

## CHAPTER 11—DIVERSITY AND YOUR RELATIONSHIPS WITH OTHERS

1. Added gender diversity to learning objective
2. Intersectionality and diversity
3. Race as a social construction
4. Increase in foreign students and implications for diversity
5. Controversies regarding appropriate labels for members of racial and ethnic groups
6. Redefined prejudice
7. Refined description of considering people as individuals rather than in the aggregate
8. Clarified how the groups to which we belong affects how others view us
9. Gender identity
10. Transgender identity
11. Sexual orientation

## CHAPTER 12—MONEY MATTERS

1. Refined description of importance of budgeting
2. Clarified necessity for identifying short- and long-terms goals
3. Refined ways of keeping track of past expenditures
4. Updated examples of daily expenditures
5. Refined necessity of taking action if there's a lack of funds
6. Redefined variable interest rate
7. Added credit score definition
8. Clarified description of establishing a credit history
9. Clarified how lenders make profit from the interest they charge
10. Clarified how interest rate, principal, and term of the loan work together to determine repayment amount
11. PLUS loan payback period of 10 to 25 years
12. Revised amount of student indebtedness statistics
13. Added maximum amounts for Pell Grants and FSEOG grants
14. Eliminated HOPE credit
15. Added American Opportunity Tax Credit
16. Clarified use of FAFSA and CSS Profile
17. Advisability of writing a letter of explanation of special circumstances with financial aid applications
18. NEW Animation in Connect on Budgeting

## CHAPTER 13—STRESS, HEALTH, AND WELLNESS

1. Clarified the physiological responses to stress
2. Clarified the negative consequences of long-term physiological responses to stress
3. HHS federal helpline website
4. Clarified relaxation techniques to reduce stress
5. Refined importance of keeping commitments
6. National suicide telephone number
7. Online chat and texting for suicide help
8. Clarified importance of seeking help for suicide problems
9. E-cigarettes increase likelihood of using traditional tobacco products
10. Opioid addiction epidemic
11. Refined description of difficulty of overcoming addiction without professional help
12. Updated material on STIs, including addition of human papilloma virus (HPV)