

If retaining and graduating adult learners is one of your goals...

**The Adult Student's Guide to Survival & Success (6th Ed.)** is one of your solutions.

### New to this Edition:

- **Financial Aid Info Updated and Enhanced**
- **Greater Emphasis on Learning Teams**
- **Expanded Learning Style Information**
- **Resiliency Chapter Updated for Adult Students Facing Adversities and Constant Change**

### How will students benefit from the **Adult Student's Guide?**

Whether enrolling in college for the first time or returning after an extended absence, this motivational guide provides adult students with a wealth of practical guidance. This handbook covers both how to succeed academically and how to handle non-academic challenges such as: • balancing family, work, and other important responsibilities; • how students can learn to confront their fears, increase their self-confidence, develop resiliency; • creating support groups and working in learning teams; • essential information on financing education through loans, grants, and scholarships; • practical tips for managing time, preparing for tests, taking effective notes, and using internet resources. This one-stop reference also includes self-assessments and action review checklists.

*The Adult Student's Guide to Survival & Success* was the first book to address the specific concerns of adult students. Now in its sixth edition, it is the most up-to-date book on the topic and is the only one to offer a free website with additional current, solid, ad-free content.

*"It's been fifteen years since I left high school. Because of the ASG, not only am I passing my courses, but getting straight As! The chapter on how to overcome fears and concerns was right on."*

~ Elton Barksdale, student

### About the Authors

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- **Mary Karr, MS**, started college when the youngest of her four children entered high school. She created and teaches two communication courses on the internet for Marylhurst University. She lives near Portland, Oregon.

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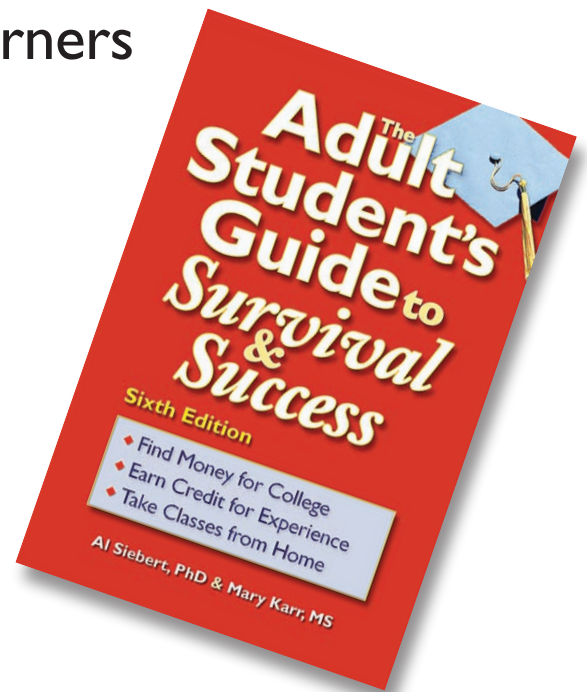
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[www.AdultStudent.com](http://www.AdultStudent.com)



### Chapters:

- *Lots of Help is Available*
- *Fears and Concerns: How to Confront and Overcome Them*
- *How to Choose Your Program, Get Financial Help, and Become Oriented*
- *Actions That Lead to Success in College*
- *Online Learning*
- *The Best Way to Study*
- *How to Get High Grades on Tests*
- *How to Write Excellent Papers*
- *Learning Styles and Teaching Styles: How to Influence Instructors*
- *How to Gain Support and Encouragement from Your Family*
- *How to Balance Going to College with Working*
- *How to Handle Pressure Well*
- *Resiliency in a World of Non-Stop Change*
- *Resources and Selected Reading / Online Resources / Index*

