



Study Less, Learn More: The Complete Guide for Busy Students

Michael W. Wiederman PhD

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How do *you* study? Surveys of college students reveal that the large majority rely on reviewing material--going over it to reinforce it in memory. Unfortunately, extensive research shows that reviewing is among the least effective study strategies. The good news is that the same research clearly points to a much better way.

Study Less, Learn More is based on a synthesis of published research, not simply opinions of students, teachers, or experts. You'll learn how memory and attention work, and how to put these insights into practice for the most effective and efficient studying. The author provides evidence-based answers to such questions as what a study environment should look like, what you need to be doing in class and during your study sessions, as well as how long and how often you should be studying for maximum results.

Because learning and academic performance are influenced by many factors, this book contains numerous strategies and tips for boosting motivation and self-discipline, as well as altering the reader's beliefs about intelligence and learning. Special chapters on taming test anxiety, mastering mindfulness, getting good sleep, and the dangers of stereotype threat for women and ethnic minority students round out the psychological approach to helping you excel as a student. Finally, students like you have a book based on the psychology behind effective and efficient self-learning.

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