

## On Course: Strategies for Creating Success in College and in Life (Textbook-specific CSFI)


By Skip Downing


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ON COURSE: STRATEGIES FOR CREATING SUCCESS IN COLLEGE AND IN LIFE empowers students with the tools they need to take charge of their academic and lifelong success. Through distinctive guided journal entries, Skip Downing encourages students to explore and develop their personal responsibility, self-motivation, interdependence, and self-esteem, and to make wise choices that create successful results. "Wise Choices in College" sections in each chapter help students develop the study skills they need to excel in their other courses. The 7th edition features expanded coverage of diversity, emphasizing the many ways in which people are different and how these differences often influence the choices they make. Other new topics include a discussion of academic integrity, how to thrive in the college culture, and a research-based section on the importance of developing a growth mindset. Plus, a new Annotated Instructors Edition guides instructors to relevant exercises and materials in the ON COURSE FACILITATOR'S MANUAL. Available with InfoTrac Student Collections <http://gocengage.com/infotrac>.

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### Editorial Review

#### Review

"I was approaching burnout because I had had enough of the excuses and victim mentality. On Course guides students to an awareness of their scripts and empowers them to change the way they approach their educations and their lives. This is particularly useful to students who are unprepared for college even though they have graduated high school. The victim/creator language and the wise choice process help students realize they do have choices in how they deal with challenges. When we get to Chapter Two in the book, students realize how they have been sabotaging their own success and usually make immediate and lasting changes. I am continuously amazed at how powerful this chapter is in transforming students' lives."

"My students consistently claim that they can relate to the examples in the book, and I am often amazed at the diversity of the population that openly shares this type of comment. This semester, I have been delighted to hear unsolicited comments from older students who found validation through reading the On Course textbook. "I thought this book would be for younger students, but reading it has really given me the validation I needed for being here. I deserve success just as much as anyone else." On Course speaks the universal language, as one student surmised. In my estimation, On Course reflects diversity without seeming to force it in an artificial way. It comes across as genuine to students from all walks of life."

#### About the Author

Skip Downing is an international consultant in the field of faculty development and student success strategies. Dr. Downing has earned degrees from Princeton University, Johns Hopkins University, the University of Santa Monica, and Carnegie Mellon University. He holds advanced degrees in both English and counseling psychology. He was professor of English at Baltimore City Community College (BCCC) for 32 years. In addition to his role as an academic instructor, Dr. Downing created and coordinated BCCC's Student Success and Learning Community Programs. These programs teach students how to apply proven success strategies to achieve their full potential in college and in life. The College Success Program resulted in a significant increase in both student academic success and retention. Dr. Downing has made numerous presentations at national conferences and conducted faculty development workshops at many two- and four-year colleges and universities in the United States, Canada, Bermuda, and the Virgin Islands. Dr. Downing's teaching, writing, and consulting are all guided by his belief that the greatest mission of any educational institution is to empower its students to live rich, fulfilling lives. Since 1996, he has facilitated the On Course Workshops, intensive four-day retreats for college educators focusing on proven strategies for helping students become active, responsible partners in their education and achieve greater success in college and in life.

### Users Review

#### From reader reviews:

#### Aaron Tyler:

Why don't make it to be your habit? Right now, try to ready your time to do the important act, like looking for your favorite publication and reading a book. Beside you can solve your condition; you can add your knowledge by the guide entitled On Course: Strategies for Creating Success in College and in Life (Textbook-specific CSFI). Try to make book On Course: Strategies for Creating Success in College and in

Life (Textbook-specific CSFI) as your good friend. It means that it can to become your friend when you feel alone and beside regarding course make you smarter than before. Yeah, it is very fortunate for you personally. The book makes you much more confidence because you can know almost everything by the book. So , let us make new experience and knowledge with this book.

#### **Carmin Adams:**

The particular book On Course: Strategies for Creating Success in College and in Life (Textbook-specific CSFI) will bring you to the new experience of reading a book. The author style to clarify the idea is very unique. In case you try to find new book you just read, this book very ideal to you. The book On Course: Strategies for Creating Success in College and in Life (Textbook-specific CSFI) is much recommended to you to see. You can also get the e-book from official web site, so you can easier to read the book.

#### **Glen Hoffman:**

Reading a e-book tends to be new life style on this era globalization. With studying you can get a lot of information that may give you benefit in your life. Having book everyone in this world could share their idea. Books can also inspire a lot of people. Lots of author can inspire their particular reader with their story as well as their experience. Not only the story that share in the ebooks. But also they write about the data about something that you need instance. How to get the good score toefl, or how to teach your kids, there are many kinds of book that exist now. The authors on this planet always try to improve their talent in writing, they also doing some research before they write on their book. One of them is this On Course: Strategies for Creating Success in College and in Life (Textbook-specific CSFI).

#### **Edward Vogler:**

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