



# How to Become a Successful Student: Lessons for Learning How to Learn

*C.J. Craig*

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## **How to Become a Successful Student: Lessons for Learning How to Learn** C.J. Craig

As the author of this book, I have recently earned a bachelor's of science degree in psychology. This is the result of my effort to succeed in college, and the study of psychology in particular. I earned straight A's with the exception of one B by the way. This book provides the basics for understanding how your mind and memory actually work, principles of conditioning, stress management, lifestyle learning habits, and learning techniques. All of this knowledge helped me to excel in college and to be awarded the standing of Magna cum Laude as a graduate. All of these principle for learning can be applied by just about anyone, but make no mistake, there is no easy fix to success. You will have to work for it. The information in this book is designed to provide you with the knowledge that will answer many questions you may have about the learning process. Once you understand "how to learn," then the process will become easier and much less stressful. It worked for me. It could work for you. Within a society that stresses education as one of the most important aspects for a successful career and life, you would think the system is helping students understand how the learning process works, how their mind and memory work, and habits necessary to succeed, but they do not. That is why I wrote this book. So then, are you a student within a learning environment? Would you like to increase your grade point average (GPA) and control stress levels while doing it? Regardless of grade level or age, from junior high school to college level learning, you need to read this book, and the sooner in your academic career the better. This is a no nonsense guide to help students understand how their mind and memory work, principles of conditioning, stress management, lifestyle habits, and a number of learning techniques, all of which will help you achieve academic success. Understanding "how to learn" is equally, if not more important than what you are learning in school. Without this knowledge you will struggle and your success will be limited at best. You are capable of much more than you think. Read this book to change your perspective on the learning process from that which appears overwhelming to one that is manageable and can be accomplished. It will change your life, but only if you are willing to make the effort. This book also includes words of inspiration and motivation. This is the 3rd edition, updated version of the formerly titled "How to Achieve Educational Success," with additional sections and more organized content.

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