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Stella Cottrell is an international bestselling author, with over a million sales worldwide. Her other titles include The Study Skills Handbook, Critical Thinking Skills, Skills for Success, The Macmillan Student Planner, The Exam Skills Handbook and Mindfulness for Students. Stella was formerly Director of Lifelong Learning at the University of Leeds, and Pro Vice-Chancellor for Learning and Teaching at the University of East London.

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STELLA COTTRELL is Director for Lifelong Learning at the University of Leeds, UK. She is author of the best-selling The Palgrave Student Planner, as well as The Exam Skills Handbook, Critical Thinking Skills and Skills for Success, a key text on personal development planning.

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- Chapters on all the core study skills – including research, critical thinking, academic writing, revision, team work and more
- E-learning coverage throughout
- Illustrations and a strong visual design – acting as memory joggers, reinforcing learning and making the book more accessible, fun and engaging
- Lots of new material including brand new chapters on student success and time management

No matter whether you have just left school or MA26, whether you are a mature, part-time or international student, The Study Skills Handbook is your passport to success.

Following-on from The Study Skills Handbook, this book enables students to think about personal, academic and career goals and to plan a path to success. Rich in activities that develop valuable career skills, this edition has a new chapter on Understanding your Personal Performance, and updated information on job applications.

Introduces higher-level study skills and allows students to develop a deeper understanding of the learning

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process itself, encouraging a reflective approach to study. This book includes chapters on e-learning and numeracy.

Engaging, accessible and practical, this book helps students to get the most out of new technologies to enhance their learning practices, engage with their studies and improve their study skills. Covering a broad range of topics, it encourages a reflective perspective on e-learning resources.

Each chapter encourages students to think reflectively about personal, academic and career goals and to plan a path to success. Rich in activities that develop valuable career skills, this revised and updated third edition has two new chapters on 'Taking charge of your life, learning and career' and 'What do employers really want?'.

Using a unique combination of mindfulness-based techniques and study skills, this book shows students how to apply mindfulness to their studies and everyday life in simple, practical steps. It introduces a wealth of tools and techniques that can be applied to specific study contexts, such as listening in lectures, completing assignments and preparing for exams, and shows readers how mindfulness can help them to manage the stresses of student life more effectively. Chapters are rich in guided activities, meditations, observations and reflections, and full of engaging illustrations. This hands-on guide to mindfulness is a must-read for students of all disciplines and backgrounds who are looking to bring a sense of calm to their lives and give their studying technique a boost.

Provides an easy-to-follow set of strategies and techniques that build to a plan for achieving your best possible exam performance. It gives practical step-by-step guidance in long-term planning for optimal performance through to last minute revision strategies. This fully updated, two-colour edition includes two brand new chapters.

Faced with your dissertation or major project and need some help getting started? Thinking about how your final project will affect your overall grades? Then read on. Tapping into her tried and tested formula for learning, bestselling author of *The Study Skills Handbook*, Stella Cottrell, takes you step-by-step through the key stages of planning, developing, researching and writing up your dissertation or project report. Whether you are an undergraduate or a postgraduate, this guide: - Offers comprehensive coverage of the major components essential to producing strong dissertations and project reports - Gives unique emphasis to the importance of project management skills - Gets you involved through interactive activities, checklists and engaging student examples Most importantly, it offers the support you need at every stage and will help ensure that the creation of your academic masterpiece is an enjoyable and rewarding experience.

"Stella Cottrell's student-centred approach demystifies critical thinking and breaks down a complex subject into manageable chunks. With clear explanations, relevant examples and plenty of exercises throughout, this book helps students to develop their analytical reasoning skills and apply them to a range of tasks including reading, note-making and writing. This text will turn even the most hesitant student into a proficient critical thinker. This is an ideal companion for students of study skills, humanities, social sciences, business and arts programmes, where assessment includes essay and report writing. It is suitable for students of all levels"--Provided by publisher.

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