

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

- **Al Siebert, PhD**, is director of the Resiliency Center (ResiliencyCenter.com). He received his MA and PhD in psychology from the University of Michigan on the GI Bill. He has taught adult education classes for over 35 years and is the author of several student success books. His book, *The Resiliency Advantage*, won the 2006 Independent Publishers Best Self-Help Book award. He lives in Portland, Oregon.
- **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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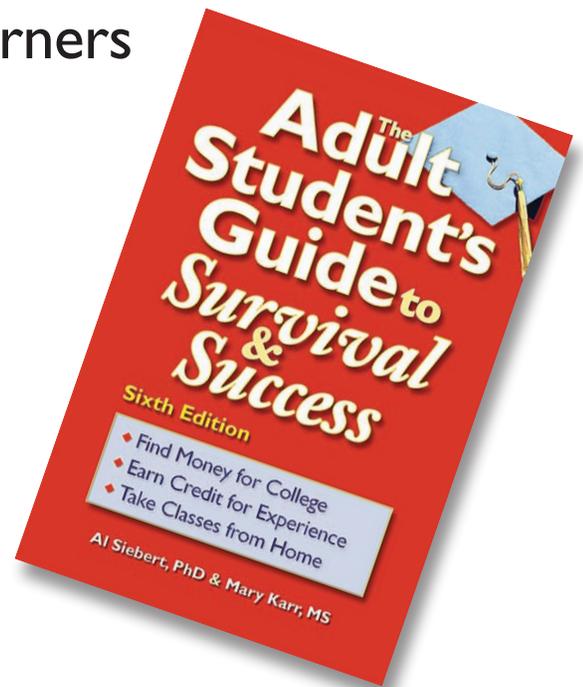
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### Chapters:

- *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*

