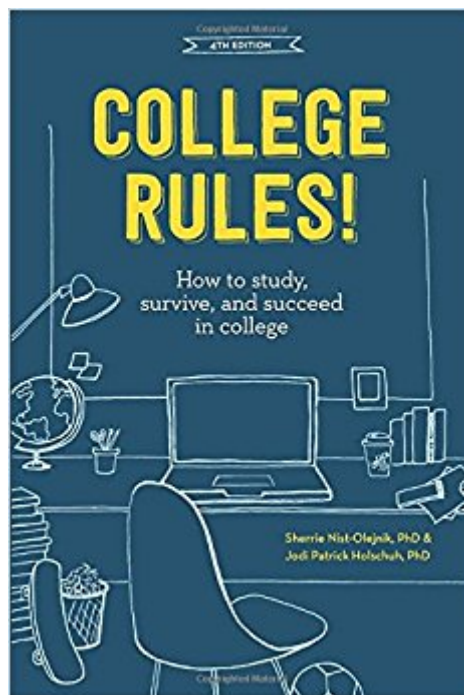




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# College Rules!, 4th Edition: How To Study, Survive, And Succeed In College



## Synopsis

This updated classic gives students the tools they need to successfully transition from high school to college, avoid rookie mistakes, and set themselves up for academic success from day one. College can be the most exciting time in your life, but it also throws you into the deep end, with new academic and social responsibilities often seeming impossible to juggle. College Rules! will save you time and trouble, setting you up for academic success from the get-go. Whether you're graduating at the top of your high school class or returning to college as an adult, this updated and expanded edition offers practical advice on how to successfully transition into college. Including tips and strategies that won't ever be taught in lectures, you'll learn how to:- Study smarter •not harder- Use technology in the classroom- Choose an app for every occasion- Excel at time management [Read: Balance homework and parties]- Stay motivated •even in those "yawn" classes- Plan a manageable course schedule- Interact effectively with profs- Become a research ace •online and at the library- Survive the stress of exam week- Set yourself up for stellar recommendations With sad but true stories that teach tough lessons the easy way and inside scoops that provide advice based on actual research, College Rules! will help you make the most of your college years.

## Book Information

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## Customer Reviews

SHERRIE NIST-OLEJNIK received her PhD from the University of Florida in 1982. She spent her

career at the University of Georgia researching and writing about college student learning. Over the years, she developed a special interest in how students make the academic transition from learning in high school to learning in college. But it was her love of teaching that inspired *College Rules!*. Years of university teaching led her to a firm belief that students can make a smooth transition from high school to college, and should be able to, if they are given the tools. Sherrie has published numerous research articles and book chapters that focus on studying and learning, and she has made over 125 presentations at professional meetings. In addition, she has co-authored four textbooks focusing on reading, studying, and learning at the college level, as well as vocabulary texts designed for college students. These texts are used on college campuses nationwide. Sherrie also has a keen sense of practicality. Because she interacted with thousands of students over the course of her career, she knows firsthand the demands and stresses that are placed on them. She's heard all the excuses, learned all the lines, and listened to hundreds of students talk about their frustrations, mistakes, successes, and failures. These unique experiences, combined with her knowledge of research, enabled her to write a compelling, upbeat, and realistic guide for academic success in college. Sherrie lives with her husband, Steve Olejnik, and her dog, Turley, in Athens, Georgia, home of the University of Georgia. She has one daughter, Kama, who lives in Los Angeles. After retiring from UGA in June 2006 with professor emerita status, Sherrie has more time to pursue her love of travel and art. She continues to be an active writer and consultant.

JODI PATRICK HOLSCHUH is a professor and chair in the Department of Curriculum and Instruction at Texas State University. Jodi has been involved in helping students make the transition from high school to college learning for her entire academic career. An award-winning teacher, Jodi is currently the department chair of one of the largest colleges of curriculum and instruction in the country. She has also served as an educational consultant in Texas and Georgia public schools, teaching teachers ways to prepare their students for college learning. Jodi has presented many conference papers and has written many articles and book chapters on the topic of helping students learn. She has also been involved in several projects with Sherrie Nist-Olejnik, including the *Transitions to Learning in College* video program and three college textbooks, *Active Learning: Strategies for College Success*, *College Success Strategies*, and *Effective College Learning*. Jodi lives in Austin, Texas, with her husband, Doug, her daughter, Maia, and her son, Samuel. When she is not writing, teaching, or researching, Jodi loves rediscovering the world as her children learn new things. She also loves to read good books and travel to new places.

How to Use College Rules! Although the primary audience for College Rules! is students heading off to campus, we believe there is valuable information here for students at any point in their college career. (We even know some graduate students who would benefit.) However, our major goal is helping college freshmen make the often treacherous transition from learning in high school to learning in college. To this end, approach reading College Rules! in any way that suits your needs. You can read it the traditional way—start with chapter 1 and read through to the end in consecutive order. If you’re a high school student who will be starting college, this ordered approach might be the best. You can also use College Rules! as an at-your-fingertips reference for college success. If you feel a bit hesitant as you’re packing up your stuff to head off to campus, read chapters 5, 9, and 10. If you’re getting ready to take your first college exams (and you haven’t even opened this book yet), read chapters 22, 23, and 24. If you can’t manage your time worth a hoot, read chapter 7. And everyone can probably benefit from reading chapter 6, “Learning 2.0: Technology, College, and You,” early on. In other words, we suggest that you read (or reread) the chapters you think will benefit you at any particular time. With the second approach, however, we offer a few words of caution. We know for a fact that learning in college is a complex process that involves using all of your senses to learn—you use your vision when you read, you speak in discussion, you listen in class, you touch as you create. Being successful is not about doing this or that. Being successful is usually about doing this and that (and then doing some more). There’s no one particular suggestion in College Rules! that’s guaranteed to make you a better student. There are no “magic beans” for college success. Rather, we have provided you with a comprehensive guide to help you hit the campus running at least ten paces ahead of your fellow students. We wish you the very best of luck as you begin your college journey and hope that, as so many students who had success with the first three editions did, you email us and let us know what you think. Enjoy yourself and have fun—but get your work done, too! College Rules! will show you how.

This is the best survival guide for college students of all ages. I bought an earlier edition in 2012 when I was wondering what had made me think I could do college, and it saved my life. I graduated with a BA two years later with a 3.94 GPA. This book is not only helpful to those lost in the jungle of higher education, it is engaging and fun to read. The authors never come off as being superior in any way; these ladies understand what it’s like to feel like the dimmest bulb in the box, and they strive to leave the reader with a new enthusiasm and confidence. I now work in higher ed, and I

recommend this book to every student who walks into my office. I am also pushing to have it adopted formally for the institution's College 101 freshman class.

Gift for my graduating senior.

Great primer for what to expect in college.

Extremely sound advice.

Help my daughter in college

Good read

It's that time of year again when school is kicking back in and for me I am a lover of learning so books like this are my weakness. I love leaning tips that can help me. I have, I think is the 1s or 2nd edition so when I saw that there was a 4th I wanted it. This book is full of great info! Books like this is great for anyone who's going to school. I found that when I was in high school books like this, even if it was based for collage, had helpful tips for me. The 4th edition offers more, it's wonderful!

Wow. This book is good. I have one problem with it, and that is that it should not be marketed to just college students. I would say that high schoolers who are college bound or considering need a copy by at least 10th grade. This book needs to be high school kids' Bible. There is definitely things that are college specific, but also a lot of things that are just general study and productivity skills. Let me give a few examples--College: Financial Aid (you might qualify!) Choosing a major (are you artistic? social? investigative?) Study/ Productivity: Balancing a Schedule and life Online etiquette (don't post illegal activity) Time management (don't procrastinate) Reducing stress (take a walk) Creating good study environments (try same place, same time) Who's to blame? (Did you do all you could with what you could control?) And things like annotating a text, preparing for a multiple choice or essay exam, and presentation tips could fit all across the board as well. I think that these are some of the most valuable. ^Literally there were chapters on those things. There is a table of contents, index, and in between a whole lot of really good information. Think of it as a textbook. I have always wanted an older brother and this book, to me, feels like that older brother. Needless to say, this book is amazing. You need a copy. Get yours from [here](#). Read more at: [...]

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