

If retaining and graduating adult learners is your goal...

The Adult Student's Guide to Survival & Success (7th Ed.) is your solution.

Updated in this Edition:

- **Financial Aid Info**
- **Classroom Technology**
- **Note-taking in the Digital Age**
- **Resiliency Chapter**

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 returning students succeed academically and how to handle non-academic challenges such as:

- Balancing family, work, and other important responsibilities;
- Confronting fears, increasing self-confidence, and developing resiliency;
- Creating support groups and working in learning teams;
- Financing education through loans, grants, and scholarships;
- Managing time, preparing for tests, taking effective notes, and using internet resources.

This one-stop reference also includes self-assessments and action review checklists, as well as a website with additional resources.

The Adult Student's Guide to Survival & Success was the first book to address the specific concerns of adult students. Now in its seventh edition, it has both stood the test of time and evolved with it.

"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, (1934–2009)* was founding director of the Al Siebert Resiliency Center (ResiliencyCenter.com). He received his MA and PhD in psychology from the University of Michigan on the GI Bill. He taught adult education classes for over 35 years and authored several student success books. His book, *The Resiliency Advantage*, won the 2006 Independent Publishers Best Self-Help Book award, and *The Survivor Personality* won the 2011 *USA Book News* award for Best Self-Help (General).
- *Mary Karr, MS*, started college when the youngest of her four children entered high school. She created and taught two communication courses on the internet for Marylhurst University, and continues to evaluate Prior Learning Assessment essays.
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