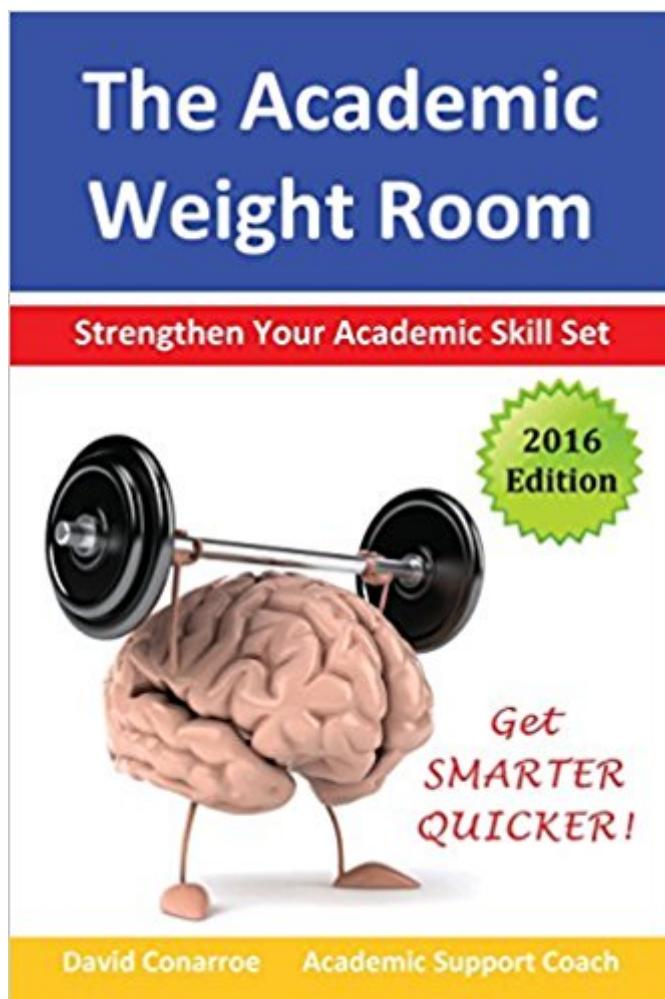


The book was found

The Academic Weight Room: Strengthen Your Academic Skill Set



Synopsis

- Do you struggle with exam questions you've never seen? - Do you want to get better results by working smarter rather than harder? - Are you frustrated with study skills advice that just doesn't seem to work for you? Here is a secret. Most top students are not necessarily gifted with superior intellect or extraordinary talent, but rather they are normal people who apply specific skills and systems to their learning. Skills and systems that can be acquired and honed to maximise performance! The Academic Weight Room is a new book for college-level students, as well as older and returning students, which offers a clear set of strategies and routines for overcoming classroom challenges. Written by one of the nation's top academic support coaches, and supported by the latest research, the book is filled with clear, practical advice for improving a student's academic skills infrastructure. This methodology has been used successfully with students and student athletes for more than 20 years and is a methodology that will pay dividends quickly. In the book, you will learn to develop the mindset that will get you results, and how to embed information using a proven flashcard methodology. You will also learn to decipher the command words that professors like to use, discover an essay structure that radically improves your efficiency, and understand how to get time back on your side. Plus much more! By the end of the book, you will > Clearly understand how best to remember the content you have learned. > Know how to save time and energy through the use of a set of routines which clarify what to do before, during, and after class. > Discover an effective and efficient structure for crafting an essay or research paper which will significantly reduce your anxiety. > Understand how to break down an exam question you have never seen before, enabling you to handle just about any question the professor poses. > Find out what it takes to become the best student you can be, plus how to achieve this. > Although written for a student audience, The Academic Weight Room is also of enormous benefit to parents, teachers and other educators who want to improve educational environments and processes for their independent learners.

Book Information

Paperback: 196 pages

Publisher: Oakamoor Publishing (February 12, 2016)

Language: English

ISBN-10: 1910773182

ISBN-13: 978-1910773185

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 4 customer reviews

Best Sellers Rank: #855,590 in Books (See Top 100 in Books) #116 in Books > Education & Teaching > Higher & Continuing Education > Test Preparation > CLEP #462 in Books > Education & Teaching > Higher & Continuing Education > College Guides #2182 in Books > Education & Teaching > Test Preparation > College & High School

Customer Reviews

I just finished reading my friend Dave Conarroe's incredibly astute and insightful book The Academic Weightroom. Drawing on his vast experience as both a classroom teacher and an outstanding sports coach, Dave has given us an invaluable resource. Primarily targeting high school and college students, I found much in it that will help me in my quest to be a life-long learner. His focus on "success" as a process is worth the price of the book! With information that will bolster a student's test taking skills and essay writing abilities, it is a "must read". Space doesn't allow me to list all of the reasons this book is an essential tool for students. However, if you have a college student, or will have any time soon, do them, and yourself, a favor by purchasing a copy and offering them \$100 if they read it. It will be worth it, I assure you!

Having worked in the field of education for over 30 years, I find The Academic Weight Room to be incredibly helpful, containing accessible strategies for all kinds of learners. David Conarroe uses his vast experience and knowledge to convey tried and true tricks to achieve success in and out of the classroom. I anticipate The Academic Weight Room will become a "must have" on every student-athlete's book shelf!

Great book that details how exactly to become successful in the classroom and connect it to the sports world. Lots of great info for young students who need more direction and specific help to achieve their academic goals.

As someone who struggles with retaining exam information and overall retention of academic information, this book provides support through clear strategies and a tested methodology! It's concise and articulate. It's a game changer!

[Download to continue reading...](#)

The Academic Weight Room: Strengthen Your Academic Skill Set Weight Watchers: Weight

Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Pilates: 20 Minute Workouts for Strength, Weight Loss, and Flexibility. Improve Your Performance, Strengthen Your Core Muscles, and Change Your Body for Life. (Work out, Flat Stomach, Weight loss) Simple Worship in the War Room: How to Declutter Your Spiritual Life and Strengthen Your Faith (Battle Plan for Prayer Book 2) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) The New Traditional Woodworker: From Tool Set to Skill Set to Mind Set (Popular Woodworking) Weight Watchers Diet Box Set: (3 in 1) Weight Watchers Freezer Meals, Weight Watchers Pressure Cooker & Weight Watchers Dutch Oven Recipes Intarsia Woodworking for Beginners: Skill-Building Lessons for Creating Beautiful Wood Mosaics: 25 Skill-Building Projects Fun ACT Prep English and Reading: Skill by Skill: because test prep doesn't have to be boring ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss The Weight Watchers Cookbook: SmartPoints Guide with 50 Delicious Recipes for Rapid Weight Loss! (Weight Watchers Low Fat Low Carb Weight Loss Diet Book) Weight Watchers: Weight Watchers Cookbook â“ Smart Points Edition â“ Lose Weight By Eating Smarter (Weight Watchers Pocket Guide) Weight Watchers: Weight Watchers: 101 Weight Watchers Dinner Recipes For Natural Weight Loss & Clean Eating DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) The Ultimate Guide to Weight Training for Swimming (The Ultimate Guide to Weight Training for Sports, 25) (The Ultimate Guide to Weight Training for Sports,) Guide to Weight Training for Sports, 25) Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Works) Ketogenic: 6-in-1 Ketogenic Diet Box Set: Lose Weight Till Spring With 110 Ketogenic Recipes: (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet, Beginners Guide) Bringing it Home - France : Creating the Feeling of France in Your Home Room by Room

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)