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Taking
CHAPTER 17. THE CLOCK'S RUNNING: A Tutor's Guide to Managing Time; CHAPTER 18. REACH FOR THE PRIZE: Helping Athletes with Goal Setting; CHAPTER 19. KEEPING UP: Helping Students Avoid Procrastination; CHAPTER 20. SWEATY PALM SYNDROME: Tutors Can Calm Exam Anxiety; CHAPTER 21. UNDERSTANDING TEST FORMATS; CHAPTER 22. BEING CRITICAL IS GOOD: Critical Thinking; CHAPTER 23. JUST DO IT: Motivational Theories; CHAPTER 24. LET'S CHECK THIS OUT: Assessments; CHAPTER 25. THE TUTORS' TOOL KIT: Tutoring Strategies
PART 3. THE PLAYBOOK: STRATEGIES FOR ACADEMIC SUCCESS
CHAPTER 26. WHERE AM I AND HOW DID I GET HERE? GOAL SETTING; CHAPTER 27. IF YOU PLAY THE WAITING GAME YOU'LL LOSE: Ways to Ban Procrastination; CHAPTER 28. KEEPING YOUR HEAD IN THE GAME: Textbook Reading Tips; CHAPTER 29. MAYBE I'LL HAVE TIME NEXT WEEK: Guide to Time Management; CHAPTER 30. NO DOODLING PLEASE: Taking Good Notes; CHAPTER 31. DON'T CHOKe: Winning over Exam Anxiety; CHAPTER 32. THE GAME PLAN: Preparing for the Big Exam; CHAPTER 33. DON'T BELIEVE EVERYTHING: Critical Thinking
CHAPTER 34. MAKING FANS OUT OF FACULTY: Working with Instructors
CHAPTER 35. SMOOTHING THE BUMPY ROAD: Handling the Challenges of Travel; CHAPTER 36. LIFE AFTER ATHLETICS: Out of the Uniform, into the Suit; APPENDIX A. The Tool Box; REFERENCES; INDEX; ABOUT THE AUTHOR

Sommario/riassunto

As a resource guide for professionals, *Champions in the Classroom* offers a model and historical perspective for understanding the challenges faced by "student-athletes" while providing solutions and guidance to put the needed emphasis on "student."
