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Schedules"; "Chapter 21 - Ready, Set . . . Don't Start?
Procrastination"; "Chapter 22 - Giving Too Much Help to Friends";
"Chapter 23 - Too Much Parental Help"; "Chapter 24 - Brief Nightly
Review of Notes"; "Chapter 25 - How to Read Informational Texts";
"Chapter 26 - Reading Rates"; "Chapter 27 - Take Notes While
Reading?"; "Part IV - Test Preparation and Test-Taking Skills";
"Chapter 28 - Studying for Easy and Hard Subjects"; "Chapter 29 -
Overcoming Spelling Problems"
"Chapter 30 - Is it Possible to Study Too Long for a Test?" "Chapter 31
- Mnemonics"; "Chapter 32 - Overwhelmed and Stuck"; "Chapter 33
- Finding Clues about Test Content"; "Chapter 34 - Study Cards";
"Chapter 35 - Long-Term Memory Formation? Rehearsal and
Recitation"; "Chapter 36 - Memorizing Long Lists"; "Chapter 37 -
Forgetting and Cramming"; "Chapter 38 - Directives"; "Chapter 39 -
Food for the Brain"; "Chapter 40 - Preparing for Free-Response
Questions"; "Chapter 41 - Preparing for True/False Tests"; "Chapter
42 - Preparing for Multiple-Choice Questions"
"Chapter 43 - Preparing for Open-Book Tests" "Chapter 44 -
Problems Finishing the Test"; "Chapter 45 - Proofreading"; "Chapter
46 - Study Groups"; "Chapter 47 - Remembering Locations? Episodic
Memory"; "Chapter 48 - Should You Keep Your Eyes on Your
Paper?"; "Chapter 49 - Analyzing Returned Tests"; "Part V - Exams";
"Chapter 50 - Preparing for and Taking Exams and High-Stakes
Tests"; "References"; "Index"

Sommario/riassunto

Addresses common defense mechanisms and rationalizations students use to avoid studying, and offers ready-to-use and easy-to-understand skills for middle and high school classrooms.
