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Descrizione fisica	1 online resource (xii, 236 pages)
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Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
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Nota di bibliografia	Includes bibliographical references (p. 229-232) and index.
Nota di contenuto	Intro -- CONTENTS -- INTRODUCTION -- PART 1: THE ART OF LEARNING PRELIMINARY PREPARATIONS -- 1. The Will to Learn -- 2. Learning As Partners -- 3. Being Prepared -- 4. External Hindrances To Learning -- 5. Internal Hindrances To Learning -- 6. Characteristics That Facilitate Learning -- Summary of Part 1 -- PART 2: THE ART OF LEARNING TECHNIQUES -- 7. Double Reflection And Self-Awareness -- 8. Mental Agility -- 9. Visualization -- 10. Inner Direction -- 11. Being Still -- 12. Concentration -- 13. Flow -- Summary of Part 2 -- PART 3: THE ART OF LEARNING APPLICATIONS -- 14. Learning in a College Setting -- 15. Inner Learning: Applications -- 16. Becoming a Master -- BIBLIOGRAPHY -- INDEX -- A -- B -- C -- D -- E -- F -- G -- H -- I -- J -- K -- L -- M -- N -- O -- P -- Q -- R -- S -- T -- V -- W -- Z.
Sommario/riassunto	Students who know how to tap their own resources have a better chance at success. The skills necessary to do this can be learned and it is the primary purpose of The Art of Learning to take them through the steps. Beginning with the importance of self-motivation, students are introduced to concrete methods for becoming responsible for their education and for moving beyond passive "information processing" to active involvement with classroom material. The book combines insights from philosophy, psychology, education, and studies in

creativity and peak performance in a handbook on the art of being a student. Focusing on motivation, learning blocks, self-examination, and concentration, Ramsland teaches students how to utilize inner instruction to achieve thinking, creativity, and maximum personal and academic benefits. The art of being a student has been taken for granted. Students today need basic advice, and that advice should begin with the personal dynamics of the learning process. Katherine Ramsland teaches in the Department of Philosophy at Rutgers University.
