



## On Course: Strategies for Creating Success in College and in Life

By Skip Downing



**On Course: Strategies for Creating Success in College and in Life** By Skip Downing

ON COURSE: STRATEGIES FOR CREATING SUCCESS IN COLLEGE AND IN LIFE empowers you with the tools you need to take charge of your academic and lifelong success. Now in its 8th edition, ON COURSE presents the choices that successful students make. A self-assessment at the beginning of the text helps you identify behaviors and beliefs you may wish to change in order to achieve more of your potential in college and in life. Through short articles and distinctive guided journal entries, the author encourages you to explore and develop eight keys to your success: personal responsibility, self-motivation, self-management, interdependence, self-awareness, lifelong learning, emotional intelligence, and self-esteem. As you develop these skills, you'll find yourself making more effective choices and achieving greater success. In addition, the "Toolbox for Active Learners" provides extensive coverage of study skills that will help you excel in all of your college courses. Another self-assessment before and after the "Toolbox for Active Learners" will show you how much you've learned about being an effective learner.

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#### Review

"Using the ON COURSE curriculum has impacted retention in a positive direction at our school. The textbook is engaging and diversified, and the format appeals to students at all levels of collegiate study. The topics are relevant to "real life," and students readily see the value of applying ON COURSE principles in their lives--from a personal, academic, and/or career-related perspective. ON COURSE provides valuable tools for pursuing success, and the textbook is replete with visuals, cartoons, quotes, tips, and testimonies that the students love."

"ON COURSE is life-changing for my students. I have seen students evolve in ways they never imagined in a matter of a semester thanks to ON COURSE. I cannot imagine using another book. No other book encompasses the reflective, introspective, and success attributes that ON COURSE does. ON COURSE walks students through their journey of self-discovery and allows them to grow into the student they have always wanted to become."

#### About the Author

Skip Downing is an international consultant in the field of faculty development and student success strategies. Dr. Downing has earned degrees from Princeton University, Johns Hopkins University, the University of Santa Monica, and Carnegie Mellon University. He holds advanced degrees in both English and counseling psychology. He was professor of English at Baltimore City Community College (BCCC) for 32 years. In addition to his role as an academic instructor, Dr. Downing created and coordinated BCCC's Student Success and Learning Community Programs. These programs teach students how to apply proven success strategies to achieve their full potential in college and in life. The College Success Program resulted in a significant increase in both student academic success and retention. Dr. Downing has made numerous presentations at national conferences and conducted faculty development workshops at many two- and four-year colleges and universities in the United States, Canada, Bermuda, and the Virgin Islands. Dr. Downing's teaching, writing, and consulting are all guided by his belief that the greatest mission of any educational institution is to empower its students to live rich, fulfilling lives. Since 1996, he has facilitated the On Course Workshops, intensive four-day retreats for college educators focusing on proven strategies for helping students become active, responsible partners in their education and achieve greater success in college and in life.

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