Contents

Ack	nowledgements	vi
Int	roducing The Study Skills Handbook	1
7	Managing yourself for study	7
1	Success as a student	9
2	Developing your skills	35
3	Successful study: Intelligence, strategy and personalised learning	59
4	The C·R·E·A·M strategy for learning	87
5	Time management as a student	121
	Academic skills	151
6	Core research skills: Reading, note-making and managing information	153
7	Critical analytical thinking	187
8	Memory	203
9	Confidence with numbers	219
C	People skills	243
10	Working with others: Collaborative study	245
Ď	Task management skills	271
11	Writing at university level	273
12	Developing academic writing	307
13	Research projects, case studies and dissertations	339
14	Revision and exams	367
E	Drawing it together	383
15	Planning your next move	385
Apı	pendices	
	1 Quick multiplier	399
	Online research tools	400
	3 Further resources on managing and studying as a student	402
Glossary: Terms useful to know in Higher Education		404
Answers to activities		407
References		415
Index		110