

## ***The Adult Student's Guide to Survival & Success, 6th Ed.***

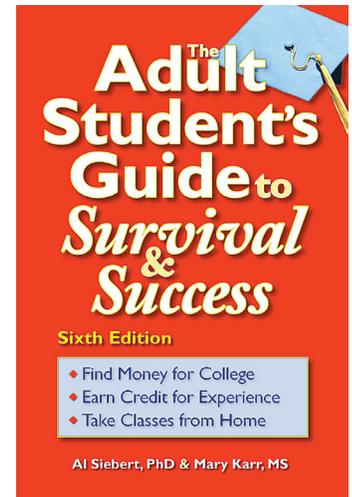
Al Siebert, PhD, and Mary Karr

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### **New to this Edition:**

- ***Financial Aid Info Updated and Enhanced***
- ***Greater Emphasis on Learning Teams***
- ***Expanded Learning Style Information***
- ***Resiliency Chapter Updated for Adult Students Facing Adversities and Constant Change***

### **How will you benefit from the *Adult Student's Guide*?**

Whether enrolling in college for the first time or returning after an extended absence, this motivational guide provides adult students with a wealth of practical guidance. This thorough handbook covers how to succeed academically and how to handle non-academic challenges such as: balancing family, work, and other important responsibilities, how students can learn to confront their fears, increase their self-confidence, develop resiliency, create support groups, and work in learning teams. It contains essential information on financing education through loans, grants, and scholarships, along with practical tips for managing time, preparing for tests, taking effective notes, and using internet resources. This one-stop reference also includes self-assessments and action review checklists.

*The Adult Student's Guide to Survival & Success* was the first book to address the specific concerns of adult students. Now in its sixth edition, it is the most up-to-date book on the topic and is the only one to offer a free website with additional current, solid, ad-free content.

### **About the Authors**

- *Al Siebert, PhD*, is director of the Resiliency Center ([ResiliencyCenter.com](http://ResiliencyCenter.com)). He received his MA and PhD in psychology from the University of Michigan on the GI Bill. He has taught adult education classes for over 35 years and is the author of several student success books. His book, *The Resiliency Advantage*, won the 2006 Independent Publishers Best Self-Help Book award. He lives in Portland, Oregon.
- *Mary Karr, MS*, started college when the youngest of her four children entered high school. She created and teaches two communication courses on the internet for Marylhurst University. She lives in Portland, Oregon.

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Now in its seventh edition, *The Adult Student's Guide to Survival & Success* has both stood the test of time and evolved with it. Finalist: 2016 Best Book Awards, College Guides category. Whether enrolling in college for the first time or returning after an extended absence, this one-stop reference provides adult students with a wealth of practical guidance once they hit campus—either brick and mortar or online. This thorough guide explores not only how to succeed academically while balancing family, work, and other important responsibilities, but also addresses how students can learn to confront their fears, increase their self-confidence and resiliency, and create learning support groups. The handbook contains essential information on financing education through loans, grants, and scholarships, as well as practical tips for managing time, preparing for tests, taking effective notes, and using internet resources. Now in its seventh edition, *The Adult Student's Guide to Survival & Success* has