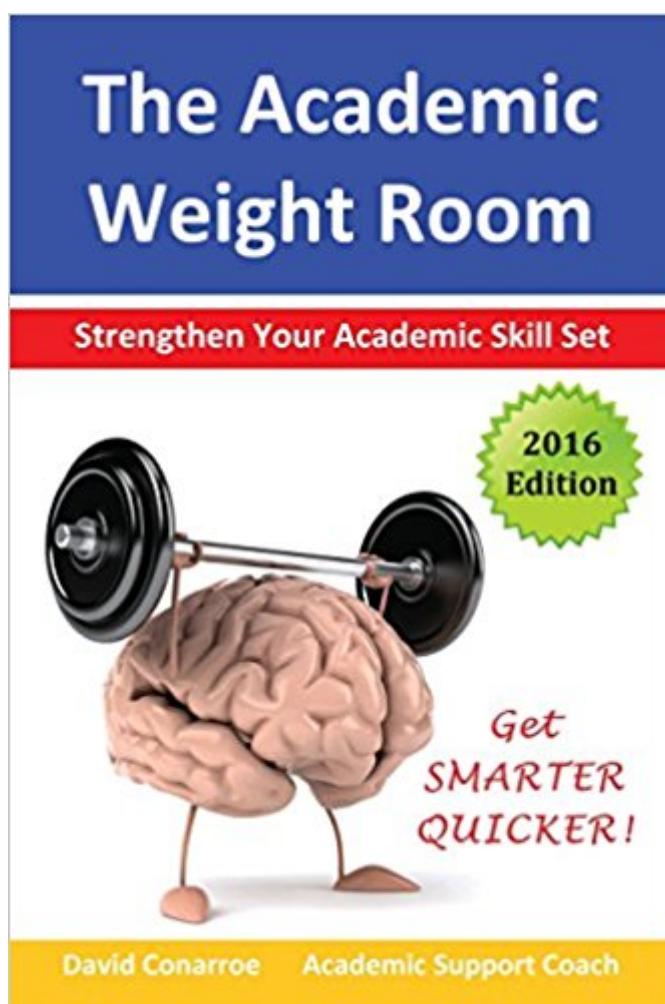


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# The Academic Weight Room: Strengthen Your Academic Skill Set



## Synopsis

- Do you struggle with exam questions you've never seen? - Do you want to get better results by working smarter rather than harder? - Are you frustrated with study skills advice that just doesn't seem to work for you? Here is a secret. Most top students are not necessarily gifted with superior intellect or extraordinary talent, but rather they are normal people who apply specific skills and systems to their learning. Skills and systems that can be acquired and honed to maximise performance! The Academic Weight Room is a new book for college-level students, as well as older and returning students, which offers a clear set of strategies and routines for overcoming classroom challenges. Written by one of the nation's top academic support coaches, and supported by the latest research, the book is filled with clear, practical advice for improving a student's academic skills infrastructure. This methodology has been used successfully with students and student athletes for more than 20 years and is a methodology that will pay dividends quickly. In the book, you will learn to develop the mindset that will get you results, and how to embed information using a proven flashcard methodology. You will also learn to decipher the command words that professors like to use, discover an essay structure that radically improves your efficiency, and understand how to get time back on your side. Plus much more! By the end of the book, you will > Clearly understand how best to remember the content you have learned. > Know how to save time and energy through the use of a set of routines which clarify what to do before, during, and after class. > Discover an effective and efficient structure for crafting an essay or research paper which will significantly reduce your anxiety. > Understand how to break down an exam question you have never seen before, enabling you to handle just about any question the professor poses. > Find out what it takes to become the best student you can be, plus how to achieve this. > Although written for a student audience, The Academic Weight Room is also of enormous benefit to parents, teachers and other educators who want to improve educational environments and processes for their independent learners.

## Book Information

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## Customer Reviews

I just finished reading my friend Dave Conarroe's incredibly astute and insightful book The Academic Weightroom. Drawing on his vast experience as both a classroom teacher and an outstanding sports coach, Dave has given us an invaluable resource. Primarily targeting high school and college students, I found much in it that will help me in my quest to be a life-long learner. His focus on "success" as a process is worth the price of the book! With information that will bolster a student's test taking skills and essay writing abilities, it is a "must read". Space doesn't allow me to list all of the reasons this book is an essential tool for students. However, if you have a college student, or will have any time soon, do them, and yourself, a favor by purchasing a copy and offering them \$100 if they read it. It will be worth it, I assure you!

Having worked in the field of education for over 30 years, I find The Academic Weight Room to be incredibly helpful, containing accessible strategies for all kinds of learners. David Conarroe uses his vast experience and knowledge to convey tried and true tricks to achieve success in and out of the classroom. I anticipate The Academic Weight Room will become a "must have" on every student-athlete's book shelf!

Great book that details how exactly to become successful in the classroom and connect it to the sports world. Lots of great info for young students who need more direction and specific help to achieve their academic goals.

As someone who struggles with retaining exam information and overall retention of academic information, this book provides support through clear strategies and a tested methodology! It's concise and articulate. It's a game changer!

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