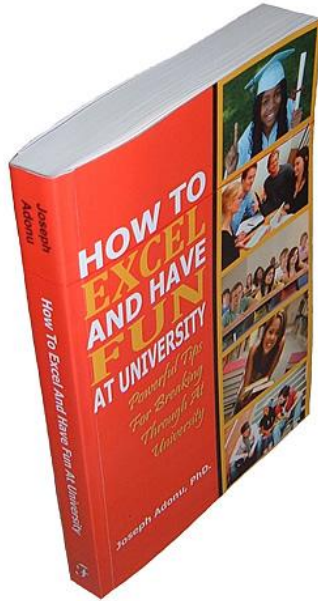


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heard the
news ?

New Book By:
Joseph Adonu



Available on AMAZON.COM

ISBN-10: 1456503901

ISBN-13: 978-1456503901

Published 2011 by: Flowers Books

“

Dr. Adonu has touched on the core issues that students usually battle with and provides a way forward, not just any way but a way that is practical and enjoyable. This book is very clear on how students can be on top in their academic work while having fun in the process. I can honestly say that this may just be the perfect formula one needs to get through university or similar institutions. I ‘envy’ students who will have the amazing access to this one-of-a kind resource.”

Precious Legemah

PhD. Student, University of East London

Dr. Joseph Adonu, is a *Lecturer, Researcher, Speaker and Author* who graduated with a **First-Class Honours** Psychology degree from the University of Ghana and a **PhD.** in Social Psychology from Brunel University, England. He attained a postgraduate qualification in academic practice (**PgCAP**) from the University of Bedfordshire and is also Fellow of the Higher Education Academy (**FHEA**) of England and Wales. He currently lectures and researches at the University of Bedfordshire, England.

THE FOCUS OF THIS BOOK

Many a time, when study skills concepts are presented in the typical scholastic prose of academic writing, learners -especially at the undergraduate level- who are the prime targets are missed. As one typical student put it, “...I usually find those writings really abstract and boring. You never really know what a whole page is talking about. It’s just research, research, research, abstract theories and diagrams.” In fact, this lamentation would be a familiar one to most students. When they desperately need a ‘companion’ to guide and inspire them in times of confusion and intellectual weakness, the last thing students want to turn to is an abstract, and theoretically inconclusive piece of information.

What they truly want is a piece of clear, direct and applicable collection of guidelines and inspirational tips they can apply and excel in academic work and move on! This is exactly what this book represents – **An inspirational students’ companion.**

From my years of encounter with university students in the context of teaching and tutorship, I’ve discovered that when undergraduates are hard-pressed with the problems of motivational flatness, the swamp of academic work in the face of technological distractions and confusion over career paths, they hate to open a study skills ‘textbook’. Rather, they want inspiration and simple guidelines that will stir their minds again to get off the couch and find their intellectual appetite. They want direct encouragement and a point-blanc kick to jump-start them in the academic achievement direction. They want the fire of dynamic awakening pointing them to the mechanics of practical ‘how-to’ strategies. They don’t want hard and cold jargon-filled and abstract educational models.

This present book is carefully designed to ‘redeem’ today’s student from the world of digital technological overload and intellectual apathy in order to re-launch them into personal and career development through systematic study. The book informs, inspires and involves the learner in their personal development drive towards fulfilling careers in today’s job market that requires so much innovativeness and professional adaptation. This book is an inspirational students’ companion in the following way:

Inspirational – In the sense that it taps into the motivational realm of the reader. It creates the essential psychological engineering that students of today need to grapple with the demands of the higher education environment. It reaches into student’s higher-order cognition and stirs their interest in exploring their intellectual potential. The book is replete with experiential and anecdotal accounts to which every student would deeply relate.

Companion – Because it offers practical how-to-do and strategic guidelines needed to tackle the day-to-day tasks of academic study in higher education. These guidelines and tips are drawn from sound teaching and learning concepts, informed by present day technological, economic and social realities.

CHAPTERS

The various chapters present breath-taking inspiration and practical strategies that draw the student to utilize their fun-loving nature to connect with learning resources towards a total transformation of their key skills, personality, values and career orientation. These have been carefully organized into two distinct parts:

PART I: The psychological dynamics of excellence and fun at university

Chapter One - What university is all about

Chapter Two - What do we mean by “excellence and fun”?

Chapter Three - From talent to skill

Chapter Four - Focus on your dream

Chapter Five - Strive to maintain your motivation

PART II: The practical mechanics of excellence and fun at university

Chapter Six - Strive to prioritize, plan and organize your life

Chapter Seven - Be effective and productive

Chapter Eight - Develop and use your social skills

Chapter Nine - Educate yourself

Chapter Ten – Develop disciplined reading skills

Chapter Eleven - Improve and use your mental powers

Chapter Twelve - Make the most of lectures, tutorials, seminars and other meetings

Chapter Thirteen - Tame assignments and exams

Chapter Fourteen - How to get first-class honours

Chapter Fifteen - Careers, strategic achievement and fulfillment

Chapter Sixteen - The little things that “Don’t Matter”

Chapter Seventeen - Some final secrets

TARGET READERSHIP

The main readership target is **undergraduate students** across the world, since university traditions all over the world are similar, based on the medieval, modern and post-modern models. Undergraduates form the majority of university populations across the world. They are the ones who are in most need of guidance and inspiration in grappling with the demands of a new ‘academic planet’ called the university, which is in sharp contrast to their previous level of education – sixth form or high school.

However, **graduate students** have a lot to gain from this book because fundamentally, they are in the same environment and dealing with the same people as undergraduates. Most postgraduate programmes in recent times contain a considerable course work element delivered through group sessions, seminars and field work, and assessed through reports, essays, thesis, portfolios and examination. As such, the topics treated in this book are of incredible relevance to graduate students. For example, topics such as motivation, prioritizing, planning, organization, using social skills, working with supervisors and academic productivity are of great applied relevance to graduate study.

Beyond students, **parents and guardians** can draw ideas and inspiration from this book in order to be able to support and guide their sons and daughters who are already in or are preparing to enter the university. Parents usually may be heavily involved in their children’s education through the junior and secondary schools but tend to ‘leave them alone’ when it comes to university education. This may be because not many parents have been through university education, to have the experience and knowledge of what university is all about. Those parents who have been through university education may find themselves only vaguely aware of the contemporary realities and dynamics prevalent in higher education experience. This book is designed to equip parents of all backgrounds with key inspirational ideas and practical guidelines to play that supportive role which students need to face the journey head.

Personal tutors, student support workers and counsellors are not left out in the design of this book. Their role requires so much knowledge of student realities, professional relationship and emotional intelligence in guiding and supporting students. They will find this book a real inspirational students’ companion that brings them so much insight in their daily experience with university student.

NOTE: *You are permitted to email this book summary to as many friends or students as you wish.*

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