

## Cornerstone Building on Your Best for Career Success & Video Cases on CD Pkg

Robert M. Sherfield, Rhonda J. Montgomery, Patricia G. Moody

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This guide book offers one of the most complete, concrete student success programs in the country, with suggestions and strategies for academic success and personal improvement-including goals, change, and career/life planning. Visually stunning, and conversationally written, the book provides readers with a variety of solutions to almost any problem faced in the first year of college and beyond. Chapter topics include preparing for and dealing with change; motivation, goal setting and self-esteem; things you need to know about college, but may never ask; managing your time and money wisely; the art of active listening; empowering your memory; critical and creative thinking skills; practical steps for writing and speaking; and a plan for wellness, stress reduction and personal responsibility. For anyone preparing and planning to succeed in life.



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