



The Regis Study Skills Guide

Frank Walsh

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A self-evaluative tool for students to augment their study skills and to maximize their learning efficiency. Originally developed 30 years ago for New York City's elite Regis High School, it remains a cornerstone of Regis' guidance and advisement programs since that time. The study guide addresses multiple aspects of student learning, including time management, reading comprehension, information retention, note taking, paper writing, and timed testing. Each unit includes questions for self-evaluation, goals, and suggestions for improvement. This revised edition offers additional material on increasing role of technology in learning, most notably focusing on Internet research.

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