

the psychology of college success

a dynamic approach

by henry clay lindgren,
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Instead of relying exclusively on the practical methods of achieving better grades, this book stresses the student's motivation in terms of the effective realization of his aims and potentialities.

In THE PSYCHOLOGY OF COLLEGE SUCCESS learning is seen as a series of problems which can be approached and resolved in a systematic fashion. The major problem is one of communication, that of understanding what others have to say (instructors, textbooks, other students) and that of expressing oneself in written assignments. Both of these dimensions of communication (input and output) are essential for effective learning, as is evaluation or feedback. Learning can be stimulated, in other words, by actively involving oneself in communicative relationships with instructors, other students, and with authors through the printed word. Professor Lindgren makes use of many examples, including anecdotes, in order to illustrate how students can achieve these objectives. He borrows from self-theory, games theory, cognitive theory, personality theory, open-systems theory, information theory, and learning theory in suggesting strategies that students might employ. Although many techniques explaining "how to do it" are presented, the main stress in the book is on the motivation of the student.