

SOMETHING FOR ALL ENGAGED IN STUDY

As new academic terms kick in many of our athletes face the challenge of integrating academic study with their chosen sport. This challenge can be daunting, but is made easier if athletes can learn a variety of skills to help them function efficiently within the academic environment. Development of effective study techniques is obviously critical. In this article Performance Lifestyle Coordinator Peter McCabe recommends one web-based source that can help to develop such skills.

There is an abundance of web sites offering advice on study.

Many are excellent but it takes considerable time to evaluate these and extract relevant information. If you are short on time then I recommend that you go straight to one site that is an excellent hub for such information.

'The Study Guides and Strategies web site' (<http://www.iss.stthomas.edu/studyguides>).

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The guides are also constantly reviewed and revised to keep up to the challenge of meeting student needs.

'The Study Guides and Strategies web site' has an index on its homepage that makes accessing individual Study Guides very simple and contains a useful link to other top rated study skills web sites.

I would recommend a look for any athlete or coach who is currently engaged in study. There are some valuable tips and tested strategies that can definitely improve your academic capacity.

