## **CONTENTS**

	Foreword  Thomas A. Angelo	ix
	Acknowledgments	xi
	Introduction	xv
1.	Saundra's Journey: From Traditional Instructor to Academic Transformer	I
2.	Why Don't Our Students Already Know How to Learn?	9
3.	Metacognition: What It Is and How It Helps Students Become Independent Learners	15
4.	The Power of Teaching Bloom's Taxonomy and the Study Cycle to Students	29
5.	Metacognitive Learning Strategies at Work	43
6.	Mindset Matters	60
7.	Connections Between Motivation, Emotions, and Learning	72
8.	What Faculty Can Do to Boost Motivation, Positive Emotions, and Learning	80
9.	What Students Can Do to Boost Motivation, Positive Emotions, and Learning	97
0.	Partnering With Your Campus Learning Center	IIO
1.	Teaching Learning Strategies to Groups	122
2.	Teaching Unprepared Students	156
	Epilogue: Experiment and Have Fun!	163

## viii CONTENTS

Appendix A: Compilation of Strategies for Students	167
Appendix B: Books and Web Links Recommended for Students	169
Appendix C: Compilation of Strategies for Instructors	171
Appendix D: Resources for Presenting Learning Strategies to Groups	175
Appendix E: Learning Strategies Inventory	179
Appendix F: Dramatic Individual Student Improvement	181
Appendix G: Selected Student Feedback	183
Appendix H: Slides From Chemistry Presentation	191
Appendix I: An Advanced Placement Physics Class	213
References	219
About the Authors	223
Index	223