



## Conquer Study Stress!

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By Peter Levin

Open University Press. Paperback. Book Condition: new. BRAND NEW, Conquer Study Stress!, Peter Levin, Are you finding student life stressful? Does the pressure get you down sometimes? Do other people seem to be coping much better than you? Could you use some friendly advice? This book will help you by showing how to beat twenty of the most common causes of student stress. It describes the symptom, gives a diagnosis and offers tried and tested remedies. It covers such features of student life as: The culture shock facing new students Reading and note-taking and monster reading lists Writing under pressure Finding a dissertation subject and reviewing the literature The lack of constructive feedback The plagiarism police Pressure on your time Counselling services Exams.



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