

Cengage Unlimited includes access to the College Success Center—allowing student-subscribers to develop and strengthen the skills that help them succeed in college. The College Success Center also includes content and tools for 24/7 support when and where students need it.

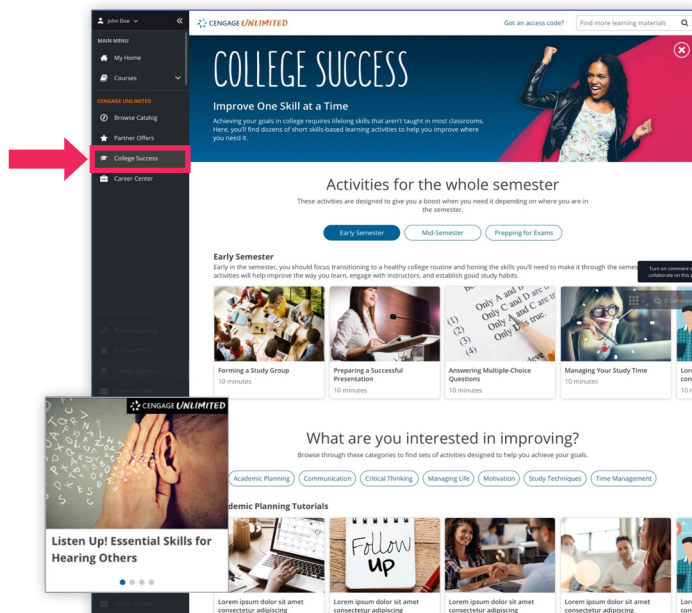
How to View and Launch College Success Center Activities:

INSTRUCTORS

- Log in to your Instructor Resource Center
- Click Cengage Unlimited Student Experience (available August 2019)
- Click “College Success” on the left-hand side

STUDENTS (Students must have a Cengage Unlimited subscription)

- Log in to your cengage.com account and click “College Success” on the left-hand side of your dashboard
- You can also view activities in the bottom left-hand “Recommendations” section



The following topics are available.



-  **Communication and Interpersonal Skills**
-  **Critical Thinking, Writing and Research**
-  **Financial Literacy**
-  **Goal Setting**
-  **Health and Wellness**
-  **Learning and Studying Techniques**
-  **Testing**
-  **Time Management**
-  **Your Academic Experience**

For a full listing of our activities, check out the next page.

AVAILABLE TOPICS IN THE COLLEGE SUCCESS CENTER WITH CENGAGE UNLIMITED



Communication and Interpersonal Skills

Asking the Right Questions

Candid and Constructive Communication

Communicating Across Cultures

Communicating as a First-Gen Student

Communicating with Instructors

Conflict Resolution with "I" Messages

Delivering a Successful Presentation

Focusing on the Process for Conflict Resolution

Forming a Study Group

Giving Effective Feedback

How to Run a Study Group

How to Say "No"

How to Speak so Others Hear You

Moving from Storming to Norming

Nonverbal Listening

Practicing Constructive Communication

Resolving Conflict with Roommates

Verbal Listening



Critical Thinking, Writing and Research

Avoiding Cognitive Biases

Avoiding Logical Fallacies

Becoming a Skilled Decision Maker

Checking for Evidence

Coming Up with Innovative Solutions

Dealing with Different Points of View

Evaluating Online Information

Following the Logic of an Argument

How to Think Creatively

Thinking Critically About Online Information

Types of Critical Thinking

Writing Effective Emails



Financial Literacy

Common Credit Terms

Manage Student Loans

Organizing Financial Paperwork

Saving an Emergency Fund

Spend Less Money

Taking Control of Your Credit Cards



Goal Setting

Accepting Compliments

Creating Short, Mid-Term and Long-Term Goals

How to Set Goals (w/o activities)

Practicing Gratitude for Important People

Reprogramming Your Attitude

Simple Attitude Replacements



Health and Wellness

Avoiding High Tech Time Wasters

Choosing Emotional Health

Forgetting About Time

Making Healthy Daily Choices

Safe Social Networking

Take Care of Your Brain

The Importance of Sleep



Learning and Studying Techniques

Benefits of Study Groups

Choosing How and When to Study

Choosing Where to Study

Find or Make Your Study Tool

Getting an "F"

How to Cram (If You Really Need To)

How to Stay Present in Class

How to Study for Different Kinds of Courses

Planning Study Sessions

Preparing a Successful Presentation

Set Up a Study Group

Seven Ways to Avoid Procrastination

Study Smarter, Not Harder

Studying for Math



Testing

Answering Multiple Choice Questions

Answering True/False Questions

Essay Test Keywords

How to Answer Essay Questions

How to Answer Matching Questions

Preparing for a Test

Scoring Well on Group Presentations

Tests Let You Show What You Know

Using Test Results to Your Advantage



Time Management

Choosing What Not to Do

Create Your to Do List

How to Stop Procrastinating

Make Time to Learn Every Day

Making Time to Study

Managing Your Communication

Managing Your Study Time

Setting Limits on Screen Time

Staying Focused

Using Technology for Time Management



Your Academic Experience

Choosing a Major

Evaluating a Major

Higher Ed as an Adult Learner

Learning with Differences

Making a Plan

Making Time for School as an Adult Learner

Succeeding as a First-Generation Student

Succeeding in School at Any Age

Transitioning into Higher Education