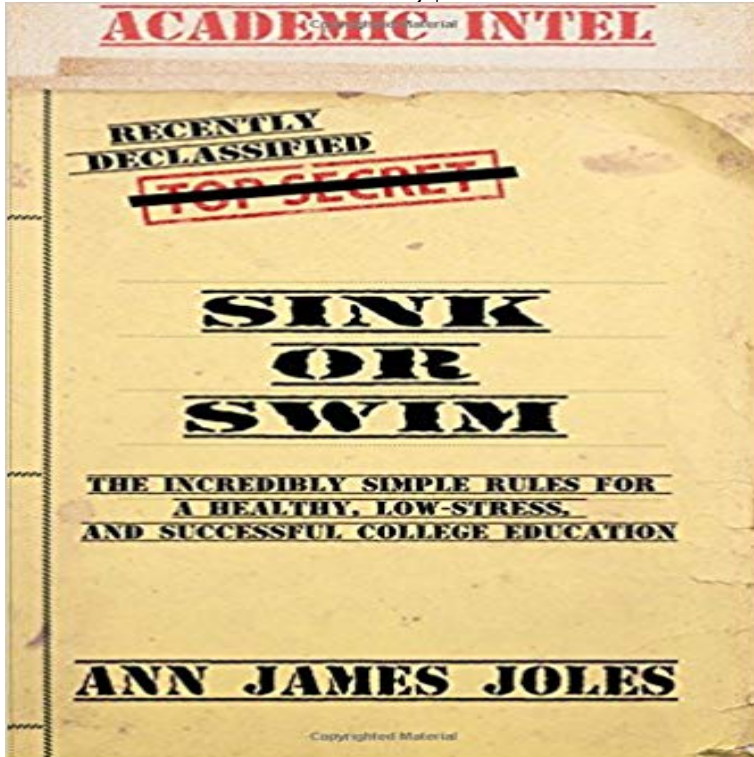


# Sink or Swim: The Incredibly Simple Rules for a Healthy, Low-Stress, and Successful College Education



This isn't your typical how to be successful in college book. Far from it. Straight from nearly two decades at the front of a state university classroom, Ann has years of experience helping struggling college students face reality, get a plan, and get more control over their education achievements. She believes that college success isn't about brilliance. Not at all. It is about a student's commitment to themselves, their education, and their future - someone just needs to tell them where to start, the difference between how to Sink or Swim. Many college students are their own worst enemies, sinking through their classes, often racking up bills for failed semesters and wasted time. College is a lot of work, but it doesn't have to be miserable. Today it is too expensive to go to college just to flounder. There is a way to be successful. As one of Ann's students said, In college, you are expected to know how everything works and what the rules are but no one told me the rules - and if they did, I wasn't listening. Sound familiar? Ann has boiled it all down in Sink or Swim: The Incredibly Simple Rules for a Healthy, Low-Stress, and Successful College Education. A few simple, college experience friendly, productivity habits will make all the difference and send the average student to the head of the class. These are the rules for getting your money's worth out of classes, staying on top of assignments, working with faculty, and getting a real night's sleep. In her straightforward, entertaining style, Ann shares what many college students don't know: how to tackle an assignment so they can do their best work, how to organize life's must-haves like eating and sleeping, the best way to ask faculty members for help, and the trick to scheduling time off to relax and recharge. She makes it fun, filling the book with buzz words and stories that will etch the advice and methods into the readers

brain. Warning: Don't confuse Simple with Easy because this book isn't a magic pill or fairy dust. Remember: if college was easy, everyone would have a degree - but for those students tired of being overwhelmed and exhausted, Sink or Swim tells you everything you need to know.

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