



Peak Performance: Success in College and Beyond

Sharon Ferrett

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Peak Performance: Success in College and Beyond continues to lead the way in showing students how to:

- Learn how they learn best-and incorporate new ways to learn
- Maximize their available resources and seek out new opportunities
- Relate what they are exploring now to future success on the job
- Strive to become the best individuals they can be

The ninth edition of *Peak Performance* provides students with common sense strategies for excelling in school and life. From the unique Take 3 feature, which encourages making smart use of even small segments of time, to tips on “How to Say No” to avoid the stress of stretching your time too thin, to “Getting the Most Out of a Class Lecture” that helps students focus during a variety of challenging lecture situations, *Peak Performance* delivers the essential tools for managing time and resources. Students are provided with ample opportunities to apply and enhance critical thinking skills through Think Fast case studies, in-text questions and activities, and a wide variety of end-of-chapter Worksheets.

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