

Chap. III. Motives for going to college and for study. Presents various motives and their relative importance, motives for study and interest in one's work, how to become interested in a subject.

Keeping Physically Fit for Study:

Book, W. F., Learning How to Study and Work Effectively.

Chap. III. Discusses fatigue and its causes and the conservation of available energy. Very good.

Chap. IV. Discusses sleep and other means of restoring the energy used in study and work. The first part of the Chapter is rather general in character. The latter part is very concrete and practical.

Chap. V. Factors conditioning personal efficiency. Factors included are artificial incentives, native endowments, and keeping a record of advancement.

Headley, L. A., How to Study in College.

Chap. I. How to keep physically fit. Emphasizes ventilation, regularity of living habits, exercise, care of eyes, fatigue, and rest.

Keeping Fit Mentally:

Book, W. F., Learning How to Study and Work Effectively.

Chaps. VI -VIII. In Chapter VI are discussed ideals and purposes; in Chapter VII the development of attention and will; and in VIII decision and fatigue of will.

Headley, L. A., How to Study in College.

Chap. II. How to keep fit mentally. Working hard, objectifying interests, establishing goals, play, control of emotional states, and banishing debilitating doubts, are among the more important topics treated in the Chapter.

Efficient Use of Time:

Bird, Charles, Effective Study Habits.

Chap. II. How to plan activities in college. Discusses study programs, length of study periods, distribution of study periods; also summarized various investigations pertaining to these topics. Good.

Book, W. F., Learning How to Study and Work Effectively.

Chaps. X - XIV. These Chapters discuss the importance of careful planning, making an analysis of one's work, formulating a schedule of procedure, and working according to schedule. A practical discussion supported by sufficient scientific data to give it weight.