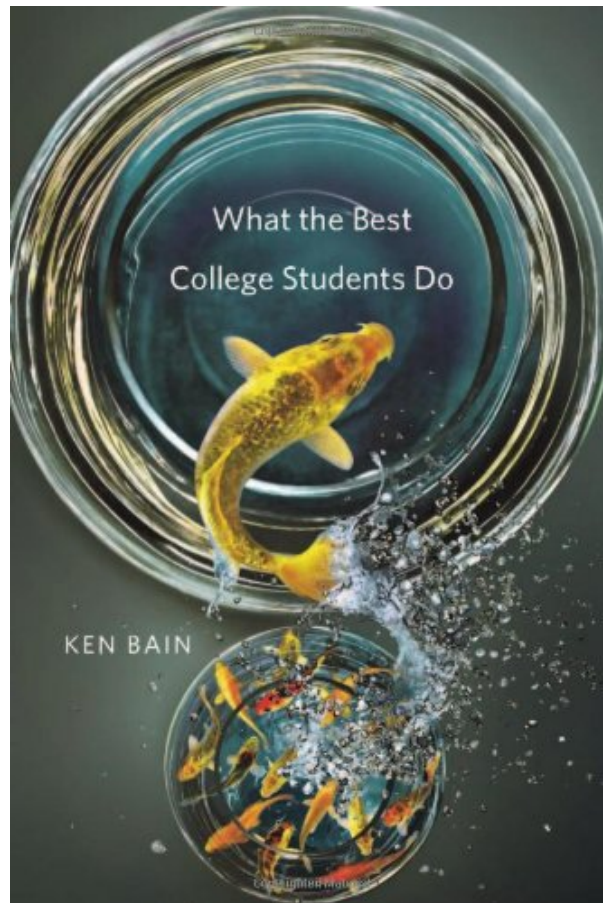
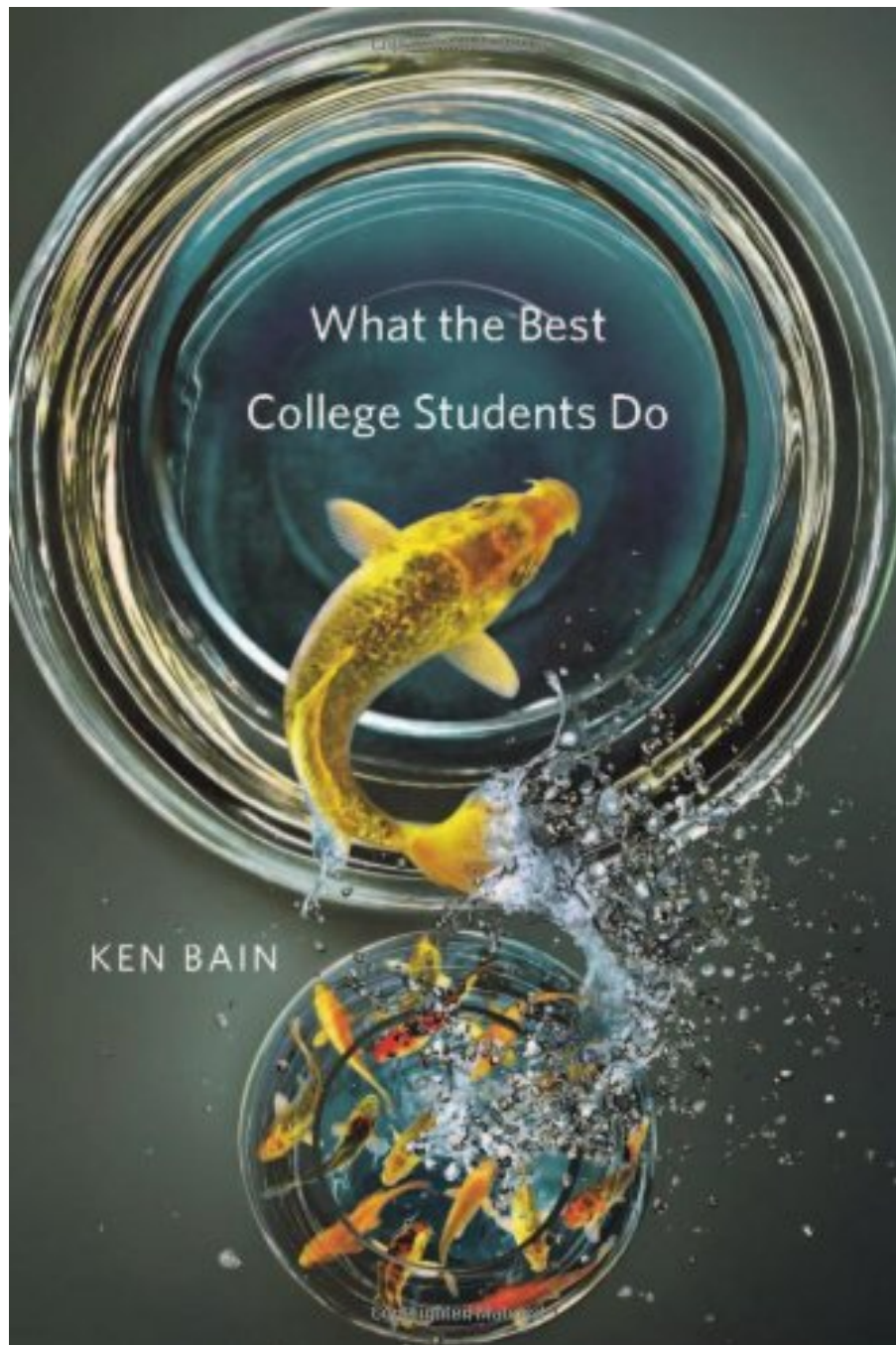


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# WHAT THE BEST COLLEGE STUDENTS DO BY KEN BAIN PDF

The author of the best-selling book *What the Best College Teachers Do* is back with more humane, doable, and inspiring help, this time for students who want to get the most out of college—and every other educational enterprise, too.

The first thing they should do? Think beyond the transcript. The creative, successful people profiled in this book—college graduates who went on to change the world we live in—aimed higher than straight A's. They used their four years to cultivate habits of thought that would enable them to grow and adapt throughout their lives.

Combining academic research on learning and motivation with insights drawn from interviews with people who have won Nobel Prizes, Emmys, fame, or the admiration of people in their field, Ken Bain identifies the key attitudes that distinguished the best college students from their peers. These individuals started out with the belief that intelligence and ability are expandable, not fixed. This led them to make connections across disciplines, to develop a “meta-cognitive” understanding of their own ways of thinking, and to find ways to negotiate ill-structured problems rather than simply looking for right answers. Intrinsically motivated by their own sense of purpose, they were not demoralized by failure nor overly impressed with conventional notions of success. These movers and shakers didn't achieve success by making success their goal. For them, it was a byproduct of following their intellectual curiosity, solving useful problems, and taking risks in order to learn and grow.

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- 304 pages

## Most helpful customer reviews

35 of 37 people found the following review helpful.

5 stars for its life changing effect

By C. Groves

I picked up this book in pursuit of straight A's. What I got instead was a chance to completely change the way I view education and learning. The goal of this book is not to teach you how to make the grade (although there is advice for doing that at the end of the book) but to show you a process and viewpoint of education that leads to growth and success in life after school. Although the book is not perfect it did change my life, and perhaps save a doomed to fail college career. Here are some of the main things I liked and disliked about the book.

Liked: (note the length of discussion of each of these topics varies)

- How it encourages learning, growth, self discovery and curiosity over success and jumping through hoops (grades)
- Encourages one to take control of your own education.
- discussion of intrinsic vs extrinsic motivation
- focusing on good questions over correct answers
- explanation and discussion of strategic and surface learners vs deep learning
- the benefits of taking responsibility for outcomes and focusing on the ability to change the future
- why self compassion is more important than self esteem
- discusses attitudes towards failure and why certain ones are better
- how embracing the unknown and changing your language can make you solve problems better
- the mindful process of deep learning
- effects of prejudice on learning and how to overcome it
- how living in a different culture effects learning
- the effect of competition and comparative thinking on learning
- how viewing the world as flexible can enhance learning and growth
- 7 levels of thinking, from basic to most advanced
- effective ways to learn (can be used to make good grades)

Disliked:(Mostly personal preference)

- that there were many long winded stories. While at some times I found them inspiring and useful, others times I got nothing out of them, probably just my mood at the time though.
- that there was no clear outline of the principles in the book and how to apply them, of course if one pays attention they can make their own

I gave this book a 5 out 5 stars because I feel it changed my life for the better, especially in regards to college. I believe that if you apply the principles in this book, it will help you get more out of college, and life.

God Bless!

Cody

0 of 0 people found the following review helpful.

Five Stars

By Supershipper

Great as described!

28 of 32 people found the following review helpful.

There are better books on these issues

By DE White

I had high hopes for this book, as it came highly recommended by a friend and I'm interested in the genre of achievement/self-improvement books. Unfortunately, this book was a let down. Save you money and read more helpful and interesting books (see my recommendations below).

#### WHAT THE BOOK IS ABOUT

The central thesis of this book is: "Focus on growth and learning, rather than fixating on exam scores". As someone who works and teaches in higher education, I would agree with this idea. The best students that I have taught do this: they have a curiosity about things which drives their learning and pushes them to acquire a deeper understanding. They then do well because they have a deeper understanding.

#### WHAT THE BOOK IS NOT: SUBSTANTIVE

Ken Bain spins the previous two sentences into a short book. Unfortunately, the book is short not because he is a master of argument (although the book is well written) but because there is very little substance in it. Most of his evidence, if it can be called that, comes from anecdotal stories about a few people who he has interviewed. He cites very little in the way of rigorous studies to back up his claims.

#### WHAT THE BOOK IS NOT: FULL OF ADVICE

There's very little in the way of hard advice in this book, aside from a few suggestions in one chapter.

This book gets two stars because it's well written and not entirely devoid of merit. But get it from your college library rather than buying it. Save your money and spend it on some of these other books:

*Bounce: Mozart, Federer, Picasso, Beckham, and the Science of Success* by Matthew Syed contains a lot more substance on what leads to success. It's focused on general success, rather than academics, but the ideas carry over. He quotes Carol Dweck, author of *Mindset: The New Psychology of Success*, which is also worth reading (although *Bounce* is more comprehensive in my opinion).

Read those two books first then come back to Bain's *What the best college students do*. That should give you some ideas of how to carry the more general principles of success into your college career.

See all 59 customer reviews...

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