



Peak Performance: Success in College and Beyond

Sharon Ferrett

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This best-selling text presents new and returning college students with practical, hands-on strategies for increasing their performance inside and outside the classroom. *Peak Performance* helps students make the connection between their academic efforts and their job and life skills. Students learn a variety of personal productivity skills related to positive work and study habits, as well as creative problem-solving, organizational, and interpersonal skills.

This new edition includes the latest issues affecting students, such as campus safety and changing technology. Also, more “how to” information gives students even more opportunity to put the material into practice. The revised design and new illustrations help visual learners understand key theories and concepts and provide more practical applications.

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