



Vital Skills

By Straker, Kathleen and Kelman, Eugenia

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If you are looking for a systematic approach to your studies, look no further. The authors of *Vital Skills* are study skills experts who have researched and tested the strategies taught in this book.

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Editorial Review

Review

I would highly recommend this workbook for any beginning nursing major. It is an excellent document that addresses all the essential study skills nursing students need to know in order to be successful in their nursing education. --Pamela K. Friesen, PhD, RN, Associate Professor, Bethel University, St. Paul, Minnesota

This guide is easy to follow and user-friendly with engaging exercises. The time management and organizational skills will assist students in becoming life-long learners and will be utilized in their every day nursing careers --Janie Perez, MA, RN, PNP, Clinical Transplant Manager, Stanford University Medical Center, Stanford, California

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About the Author

Kathleen Straker, M.Ed., is a reading specialist who has worked in nursing education and medical education for two decades. The study skills workshops she teaches have helped numerous students graduate to careers in nursing, medicine and research. Eugenia Kelman, Ph.D., is a cognitive-behavioral psychologist. She has served on the faculty and in the administration at Colorado State University in Ft. Collins, CO; The University of Texas Medical Branch, Galveston, TX and at Cornell University in Ithaca, NY.

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