

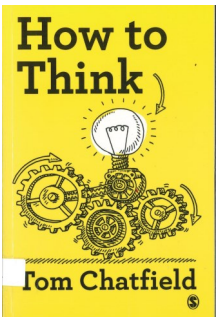


《專注力就是你的超能力：掌控自我、提升成績的 18 個學習武器》

作者：DaiGo

索書號：153.153 DAI

多工、分心時代，最強大的能力。即使累癱，也能精準學習、有效工作！學生、家長、上班族口耳相傳，最有效的學習祕密！就是結合心理學與腦科學，無論多疲倦，都能讓專注力大爆發。



How to Think : Your Essential Guide to Clear, Critical Thought

Author: Tom Chatfield

Call number: 160 CHA

This book empowers you to pause, think twice and, above all, think well. A short and punchy essentials guide, it introduces the fundamental habits and practices for critical thinking and gives 10 key concepts for applying and building clear thinking for effective study.

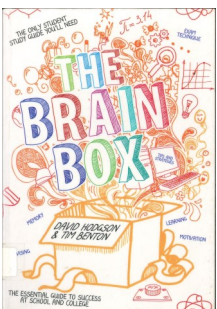


《越寫越強! 高效知識筆記鍊金術：從學習、工作到人生規劃都適用的康乃爾筆記法》

作者：柳柳

索書號：371.302 LIU

能提升記憶力的最強筆記法！掌握架構、有效內化、強化輸出，高效率系統化的學習方法，無論是學校或職場，都能輕鬆勝出。

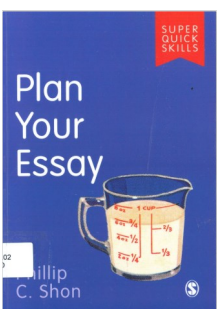


The Brain Box : the Essential Guide to Success at School and College

Author: David Hodgson and Tim Benton

Call number: 373.13 HOD

The brain box is your indispensable guide not only to powering through stress, hard work and brain-ache of school or college, but also to establish good learning habits and self-motivation.



Plan Your Essay

Author: Phillip C Shon

Call number: 808.02 SHO

A guide to planning an academic essay, from setting your structure and developing an argument to staying on topic.