

# DENNIS STEMMLE

BESTSELLING AUTHOR



## ABOUT TIME MANAGEMENT SECRETS FOR COLLEGE STUDENTS

The simple reason why so many college students struggle is that they have not learned how to manage their time in the unstructured college environment. Hi...I am Dennis Stemmler, college professor, bestselling author, and parent of a college student. And as a college professor, I have seen the good, the bad, and the ugly, when it comes to college student performance. Master time management and students will master college! Time management is so important because it brings structure to an unstructured environment..

## COLLEGE IS DIFFERENT

Time management in college is very different for a college student than for a working professional. In college, you have time, but the challenge lies in estimating the necessary study time and efficiently developing and executing a study plan. Unfortunately, traditional time management books don't address the college student's needs.

- Time Management Secrets for College Students is specifically designed for the unique challenges facing college students.
- Inside the pages of this book, are valuable insights for students to learn how to schedule their time efficiently, how to stop procrastinating, how to shut out distractions, and how to manage their studies, work, and their personal life.

## ONLY 50% OF STUDENTS GRADUATE

- Thirty percent of college freshman dropout after their first year! And Surprisingly, only around half of the students who enroll in college end up graduating with their bachelor's degree!

## SKILLS DON'T TRANSFER WELL

- The skills students learned in high school don't transfer well to the unstructured college environment.



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## STUDENTS WILL LEARN

This book is designed to take the mystery out of this transition and provide students with the tools, habits, and approaches that will allow them to get the most out of their college experience. Specifically, students will learn:

- How to take control and ownership of their educational journey.
- How to effectively manage their time.
- How to develop the right mental approach to succeed in college.
- How to create a plan for their academic career.
- How to maximize their Grade Point Average.
- How sleep and diet impact their performance.
- How to manage work, school and fun..

## WHO IS THIS BOOK FOR?

This book is for students who are about to enter college or are early in the college journey. It is also a blueprint for parents, coaches, and advisors who are providing students with guidance and support during this exciting and stressful transition.

## MILLIONS OF STUDENTS ARE IMPACTED

- In fall 2017, some 20.4 million students are expected to attend American colleges and universities, constituting an increase of about 5.1 million since fall 2000.
- Reports show, that one-third of all college students report being overwhelmed after just one semester, and according to the American College Health Association, 32% of students say they have felt so depressed "that it was difficult to function.

## COLLEGE COSTS ARE SKY HIGH

- For the 2015–16 academic year, average annual prices for undergraduate tuition, fees, room, and board were estimated to be \$16,757 at public institutions, \$43,065 at private nonprofit institutions, and \$23,776 at private for-profit institutions in current dollars.

