

**BRONX COMMUNITY COLLEGE LIBRARY
SUGGESTED FOR
STUDENT DEVELOPMENT**

<u>CODE NO.</u>	<u>TITLE</u>
	<u>ACADEMIC PLANNING</u>
DVD247.5	TIME MANAGEMENT (Academic Success series) - 18 min, c2004
V1668	TIME MANAGEMENT – 25 min, c1990
V2978.3	FINDING THE TIME (Mastering the College Experience Series) -30 min, c2000
	<u>MASTERING THE COLLEGE EXPERIENCE (SERIES)</u> -60min each, c2000
V2978.1	WELCOME TO COLLEGE: An Orientation
V2978.2	THE FIRST STEP: Discover Yourself
V2978.3	FINDING THE TIME
V2978.4	MUSCLE READING
V2978.5	TAKING NOTES
V2978.6	CHALLENGES WORTH NOTING
V1403.9	REMEMBERING AND FORGETTING (Discovering Psychology) -60 min, c1989
V1630	THE ART OF LISTENING – 28 min, c1993
V1183	HOW TO TAKE NOTES – 16 min, c1989
DVD247.3	NOTETAKING (Academic Success series) – 9 min, c2004
DVD247.2	STRATEGIC LEARNING (Academic Success series) - 10 min, c2004
DVD247.4	READING IMPROVEMENT (Academic Success series) - 12 min, c2004
	<u>EFFECTIVE STUDY METHODS/ACADEMIC SUCCESS SKILLS (SERIES)</u>
V2352.1	LECTURE NOTETAKING – 27 min, c1992
V2352.2	TEST TAKING I - HOW DO I SHOW WHAT I KNOW? – 29 min, c1992
V2352.3	TEST TAKING II - HOW DO I KNOW WHAT TO STUDY? -27 min, c1993

EFFECTIVE STUDY METHODS/ACADEMIC SUCCESS

SKILLS (SERIES) – Cont’d

- V2352.4 **HOW CAN I ORGANIZE MY TEXTBOOK READING OR UNRAVELING THE TEXTBOOK MAZE** – 35 min, c1994
- V2352.5 **INCREASING READING EFFICIENCY: RATE AND COMPREHENSION** – 29 min, c1993
- V2352.6 **GUIDELINES FOR TAKING MULTIPLE-CHOICE EXAMS** – 35 min, c1993
- V2532 **COMMON MIRACLES: THE NEW AMERICAN REVOLUTION IN LEARNING** – 50 min, c1993
- V1403.8 **LEARNING (Discovering Psychology)** – 28 min, c1989
- DECISION-MAKING**
- V2429 **THE UNBIASED MIND: FOUR OBSTACLES TO CLEAR THINKING** – 23 min, c1995
- V2609 **CRITICAL THINKING: HOW TO EVALUATE INFORMATION & DRAW CONCLUSIONS** – 47 min, c1987
- PERSONAL GROWTH**
- DVD247.1 **STRESS MANAGEMENT (Academic Success Series)** – 10 min, c2004
- V1403.15 **THE SELF (Discovering Psychology)** – 28 min, c1989
- V3100 **FOUR STAGES OF PERSONAL GROWTH w. Les Brown** – 49 min, c198?
- V2642 **UNDERSTANDING PREJUDICE** – 86 min, c1992
- V2179 **CONQUERING TEST ANXIETY** – 17 min, c1992
- V2811 **SAD, ANGRY, LONELY, AND SCARED: THE MASKS OF DEPRESSION** – 29 min, c1997
- V2345.2 **UNDERSTANDING DEPRESSION (No More Shame)** – 21 min, c1995
- V1803 **TAKING CONTROL OF DEPRESSION** – 30 min, c1991
- V2631 **DYING IS NOT AN OPTION: THINKING ABOUT SUICIDE** – 58 min, c1996
- V2643 **DON'T KILL YOURSELF-ONE SURVIVOR'S MESSAGE** – 25 min, c1998
- V3325 **NUTRITION BASICS: THE ABC'S OF EATING RIGHT** – 21 min, c1996
(Also Available DVD498)
- V2889 **NUTRITION & EXERCISE: FACTS TO LIVE BY** – 20 min, c1996

PERSONAL GROWTH

V2587 **EATING DISORDERS: THE HUNGER WITHIN** – 42 min, c1996

V2588 **THE SILENT HUNGER ANOREXIA AND BULIMIA** – 46 min, c1995

**THE NATURE OF HEALING: CONNECTING MIND AND BODY
FOR BETTER HEALTH (SERIES)** – 60 min ea. c1996

V2677.1 **ACUPUNCTURE & MEDITATION**

V2677.2 **MOVEMENT THERAPY & HOMEOPATHY**

V2677.3 **MAGNETIC THERAPY & MASSAGE**