



HOW TO SUCCEED  
IN COLLEGE *(AND LIFE)*

Daniel Lerner and Alan Schlechter, MD

*"They do not merely give students the tools to succeed in college, they give them the tools to succeed in life."* —Book of Reviews, Amazon.com

Dan Lerner

## U Thrive: How to Succeed in College (and Life)



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From the professors who teach NYU's most popular elective class, "Science of Happiness", a fun, comprehensive guide to surviving and thriving in college and beyond. Engaging and hilarious, U Thrive will help students grow in to the happy, successful alums each of them deserve to be. Many of them will sleep less and stress out much more. By the end of the year, thirty percent of those freshmen could have dropped out. Alan Schlechter, ready to teach students how to not only survive university, but flourish in it. Enter Daniel Lerner and Dr. For most, the unforeseen demands of college lifestyle are so mind-boggling that "the best four years of your lifetime" can start to feel just like the worst. Filled with fascinating technology, real-life stories, and tips for building positive lifelong practices, U Thrive addresses the opportunities and difficulties every undergrad will encounter - from finding a passion to coping with nightmarish roommates and surviving finals week. Every year, almost 4,000,000 students begin their freshman year at colleges and universities nationwide.



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Fantastic Assortment of Tools to Thrive When It Really Counts Full disclosure, one of the authors, Dan Lerner, is a colleague and friend for several years. Schlechter and Lerner are grasp story tellers. As a father and a teacher and someone who can be on a continuous quest to discover tools, ideas and ways of thrive, specifically in high-pressure situations. Despite the fact that the authors are professors, it's written for humans, not academics. It isn't just valuable, it is also a great and relatable browse. It draws upon a deep well of proven, scholarly research to offer ideas that have been tested and validated. No question their NYU course, The Research of Happiness, includes a wait list and routinely gets a near perfect approval ranking. They build on this foundation with stories and good examples, many gleaned from years teaching and refining this materials with more than 4,000 college students. Danziger, author of Super-Productive: 120 Strategies to Do More and Tension Much less. Provides great insight into you as an individual in addition to guidance in working with life. A Complete Guide U thrive is perhaps probably the most complete guide to the known research of applied positive psychology. But I asked him to read this book as a favor to me before he goes off to college this fall. It is a beautifully crafted publication—layered with analysis, a deep understanding of pupil's lives, and practical advice. It is highly readable and entertaining -with a beautiful blend of examples, science, and direct program of practices. There is a lot here that pertains to everyone, not just college students. The authors, professors teaching New York University's largest course on the Research of Happiness, have provided a thoughtful foundation in conjunction with tools every pupil must recover, cope, and thrive. Each chapter begins with a dialogue of the main principles and highlights these features with stories and excellent good examples.. I've examine many, many positive psychology books, and there are many good types, but this speaks to the reader in a more direct and personal way that was both engaging and convincing. The careful research, top notch composing, chapter contents, and training for the usage of applied techniques make this not only an ideal gift book for new or returning university students—it would be a fantastic supplemental reading for introductory psychology courses. This should be needed reading for all college freshmen! While this book could be intended for university students, it has tremendous value for parents of university students as well. As a confident psychology enthusiast, I was curious to observe how the authors would present positive psychology concepts to these adults. The tiny book packs a powerful punch covering a wide range of topics from optimism, resilience, and mindset to the importance of nutrition, sleep, and workout. Another strength is normally that the cultural references are right on for today's students. I marked up many sections throughout the book that I'd like to re-read. This is among the best books in the positive psychology canon for applying PP in your daily life. - Sharon F. Therefore, it isn't just about what works in the lab, it's in what works on the ground, within their own "living lab" and in true to life. Still, this is one great resource! Not only for College Kids! At the closing of each are "takeaways," followed by concrete exercises to make these concepts happen in your life. Schlechter and Lerner are master storytellers, effortlessly weaving together science, wisdom and inspiration in their brilliant reserve U Thrive. But, they don't really stop there. This should be mandatory teaching for every incoming freshman atlanta divorce attorneys college in the united states. If you cannot make the right path to NYU to consider this essential and popular course then give yourself the gift of this book, no matter where you are in your academic career.) I ordered another duplicate to give as something special. I wish I had had access to this information when I was initially going off to university in 1983. It could have preserved me a whole lot of unneeded spinning..! A particular example of a thing that really works in this book: I liked how the author is integrated character strengths into stream. (Check

out the sections on willpower and on producing choices. I will be recommending it to every teen client in my clinical practice, also to every parent of university aged children. Must read before they go off to college I bought this book simply because a graduation present for my child. First off, Dan and Alan are hilarious. I am very impressed by the have an effect on the reserve has already established on my child. One quick example, he's didn't take a television and his the game console . to school because he read in the book people who consider this with them have lower GPAs. That is just one example of something my boy has extracted from the book. We've experienced many discussions about things he's read and I am happy with the lessons the book seems to have taught him. Strong Science, Actionable Program This is a terrific book.

Understand he's nearly an overachiever. Every child should read this who is in college. Every kid of high school age to read this book . We teach a high school positive psychology course, and even though this is geared for college students, I am going to use it as a basic text both because the delivery of the materials is easy and digestible, AND it addresses the gamut of well-being. I especially appreciated the last chapter on passion. Dan and Alan also give tons and a great deal of scientific research. Even though I instruct positive psychology, so I'm through to the research, I still found many studies that I hadn't heard about. Dan and Alan integrate a tsunami of science into their apparent and actionable program. Although I am previous my university years, I received this publication as a gift from someone who understands I am interested in positive psychology. I don't think I acquired heard the New Zealand study where 90% of people, or was it before nine situations happier, if they knew their character strengths.I strongly recommend U Thrive! I purchased the book thinking I'd read it and then pass it along to my sons who are in college, but I'm not willing to give up my copy so I now need to buy them each their own! good content had to learn this book for my technology of happiness class, actually found the content useful, hope they are able to changed the cover thus individuals who "judge a book by its cover" would purchase it Five Stars Worth reading before you go off to college! Great ideas Great ideas. Want I'd experienced this years ago. Among the best books I've read One of the best books I've read.This is a volume I'll be discussing often and giving to grads and new university students. But seriously, the business of the materials and content is superb... Every kid of senior high school age to read this book so they can get an idea how college is different and if it is for them. Yes, there are some dad jokes within, and I know that because I'm that dad. It really is sort of a map to achievement at college.. Great book! Written by the best professors I've ever endured at NYU!.and life. Written by the best professors I've ever had at NYU Must have for anyone looking for their method, from high-school seniors to recent college graduates..



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