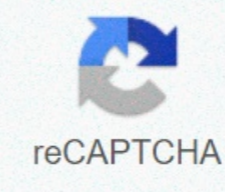




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Dynamic study modules allow students to study effectively alone in an adaptive format. Students receive an initial set of questions with a unique response format that asks them to indicate their level of trust. during the lesson: Video tutors highlight the book figures in activating videos, covering key concepts such as drugs affect the brain, how to read food labels and the benefits of regular exercise. All right! nutrition coaching activities in the nutrition chapter allow students to combineexperience different food options and learn first person how to build healthier meals. NEW! Learning CatalyticsTM is an interactive student response tool that uses smartphones, tablets or laptops of students to engage them in more sophisticated tasks and thoughts. Now included with MyLab & Mastering with eText, Learning Catalytics allows you to generate class discussion, drive your lesson and promote peer-to-peer learning with real-time analysis. Instructor, it is possible: Pose a variety of open questions that help your students develop critical thinking skills. Monitor answers to find out where students are struggling. Use real-time data to adjust the teaching strategy and try other ways to involve your students during the classroom. Manage student interactions by automatically grouping students for discussion, teamwork and peer-to-peer learning. The questions of the Study Plan are related to the essential purpose of the material of the chapter and to the specific objectives of numbered learning and Mastering activities. The learning results are now numbered in the text for easy reference and are included in both complete chapters and Focus On mini-chapters. Videos are taped whiteboard-style videos that help students follow the steps of behavior change, covering topics such as setting SMART goals, identifying and overcoming barriers to change, planning realistic timelines and more. 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