

Competencias Cognitivas en Educación Superior



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Publisher: [NARCEA S.A. de EDICIONES](#) [2]

Year of Publication: 2010

Pages: 160

ISBN: 978-84-277-1690-2

Genre: Sports and practical book

AUTUMN

2010

Season: AUTUMN 2010

This book represents a contribution from the Psychology of Thinking to the study of generic skills proposed by the European Union, and is aimed at university professors and students. Cognitive skills enable students to adapt themselves more efficiently to the knowledge economy, to assimilate new technology and to join the labour market, to think for themselves, to question information and social reality, to justify their arguments, to make good decisions, to solve complex problems and experience the joy of self-realisation. In short, this training will enable them to act in an efficient way in all areas of life. The book provides effective, clear and simple definitions for all the cognitive skills, as well as the mental processes that they activate.

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