Present investigation is an attempt to study the style of learning and thinking of college students in relation to their family environment, stress, adjustment and academic achievement.

The cognitive preferences of college students were evaluated with respect to various dependent and independent variables. For this purpose various scales were used, like SOLAT scale by Dr. Venkataraman, Stress scale by Dr. Prerna Puri, Adjustment scale by Prof. D. N. Srivastava & Dr. Govind Tiwari, Family environment scale by Dr. Harpreet Bhatia & Dr. N. K. Chadda, along with students’ academic achievement of previous year.
For this study, samples of 840 students studying in various colleges in different faculties like Arts, Science and Commerce, from both English & Kannada medium background, from Bidar City, Karnataka, India were taken. Cluster sampling technique was used for the collection of data.

Results showed differences in cognitive preferences for information processing among college students. The study pointed out that boys were right hemisphere oriented while girls preferred left hemisphere of their brain for information-processing. Similarly a difference in concept preference among right & left hemisphere was also observed in both the genders of government and private unaided colleges. Boys have displayed higher resistance to stress than girls and the student’s stress susceptibility varies with arts, commerce and science college students. Similar differences were also observed in students' adjustment, Family Environment & academic achievement scores.

**KEY WORDS**: Style of Learning and Thinking (SOLAT), Family Environment, Stress, Adjustment and Academic Achievement, Cognitive Preferences, Education, Study Orientation, Psychology, Government and Private Unaided College students, Faculties, Arts, Sciences, Commerce, etc.