BACK TO BASICS: THE IMPORTANCE OF GOOD STUDY HABITS

by:

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One of the most fundamental lessons a child could learn is the proper study habits. It is a basic skill that can help the student throughout the years. It is like the bricks that make up the whole building, a small seemingly insignificant practice that could ultimately lead to a more strategic and methodical learning experience.

The first step to achieving good study habit and the baseline of all the other steps is to Get Organized. In order to accomplish tasks, it is important to learn to organize the things that needed to be done. It can depend on the personal preference on however the tasks are sorted out. It could be by date and deadlines, importance or difficulty of tasks, or alphabetical. Whatever are the most convenient and more effective for the student. Keeping a study journal also helps with the systematizing the workload. The second step is to Learn When to Ask Questions. Many students tend to lean on the idea that once they have learned a lesson it ends the process of improvement. In some case students misunderstood the topics yet refuse to clarify due to several reasons. One of which is that they are reluctant to approach the teacher or instructor because of shyness or pride. It is important to ingrain to students that it is okay to ask questions and that it is only natural to have to clarify things for better understanding. It is part of the learning process. But it is also vital that they learn a form of self-awareness and dependency to be able to solve and figure out things on their own phase. This is the reason why spoon-feeding information to students is a very negative ritual it not only teaches tardiness but it also takes away the students’ ability to improve personally. Third step into good study habit is establishing a Designated Study Area. It may be more convenient to just open a book or some notes just anywhere, but in truth it is very important to have a common
study area where the students can study outside of the classroom. By having a fixed location to study it will stimulate a study mode reaction to the brain whenever the students are in place. It is also good to have a conducive study area with visual stimulus and atmosphere. Develop a Study Plan, make a list for exams and test, the location and the date it will take place and the scope of the exam, possible questions to be included and some other details that will compartmentalize the things that needs to studied. This step is kind of a repetitive form of the first step. By planning ahead of time, the students will not be taken by surprise and it will also avoid the age-old study problem, cramming. Cramming is a very if not most deleterious study habit of all. It turns up the pressure in studying and the stress as well. It imprints a distinct anxious study experience to students that if done regularly can affect the student’s perspective regarding studying in general. Which leads to the next step, Think Positively. Being in a correct mental deposition when it comes to studying will do wonders. Avoid negative train of thoughts like ‘what if I fail” or “I’ll never finish the project in time”. If the steps above were met, the chances are that those negative thoughts will not happen at all.

At the end of the day, it all comes down to preparation and readiness. Preparation makes the difference. Studying is not a single task, it’s a continues process that leads to learning. It is like a chain of tasks that leads to outmost transfer of knowledge, every chain link is essential.

References:

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