ENGRAVING GOOD STUDY HABITS IN THE MILLENNIAL GENERATION

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The new breed of students that calls themselves ‘Millennial’ are a whole of a league different from those before them. Along with the rise of smart phones and the further innovation in Social Medias comes the hindrance that affects the academic performance of students of this age.

Before, there are far less things to distract students from studying therefore instilling a good study decline in them is a lot easier. Now with all that distraction the probability of students developing a good study habit by themselves is slim. This is where intervention by either the teachers or the parents comes in. To be able to ensure that the child will know the importance of education it is dire that the discipline is instilled in them at a young age. Earlier in the development a child’s disposition regarding studies is much malleable as compared to when they are older. In this stage the parents hold greater device toward the implementation of discipline.

It is also advantageous to use a sort of exchange system where a corresponding treat will be given every time a goal or assignment is fulfilled. This will serve as a context of motivation in doing well in school. Although it is highly effective, this method has a negative side to it. In some scenario the child only does what is told and execute the task if there is a price. This in turn will deter the self-choice or self-initiative towards studying. In later years of life (teenage) it is harder to manipulate children. In addition, it is the stage when the technology interferes. There are social medias, online games and net series that diverts the attention from studying. At this point it will be the best of interest for both the teachers and the parents to have an agreement to limit the exposure to the internet and
social media inside the school and at home. A strict schedule should also be implemented as when and how long one can use gadgets. The student should be guided so that they will distinguish ‘study time’ and ‘playtime’. It is also advantageous to encourage students to do it the fashion way, through books and writing down notes. Though it is easier to just use a tablet or a phone to study since all the information existing could be found in the internet, it is still more effective to use traditional books. In using books, the focus will not waver unlike using phone that will notify chats and updates regarding various social platform. Taking down notes on the other hand can improve the retention of information since the muscle memory is also at work.

In truth good study habit is based on just three cognitive factors, time sensitivity, discipline, and motivation. In garnering control over those it will be effortless for parents and teacher to embolden student to studier not only harder but efficiently.

References:
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