ESTABLISHING STUDY HABIT

by:

ELFREN JESSIE D. GAMUEDA JR.
Teacher III, PAYANGAN ELEMENTARY SCHOOL

The key to become an effective learner is learning not too hard but to discover how to study smarter. This has been more and truer as the learner advance in his education. One hour or two hours of studying a day is quite sufficient for an elementary and a high school learners, but a greater time as they come to college.

As some learners are able to perform in school at a minimal effort, the majority of successful learners achieve success through developing and employing effective study habits.

It is necessary to be reminded that there is a variety of styles of learning and each learner retain information better in different ways.

Spatial learners learn best through visual material such as pictures and images.

Auditory learners most likely prefer sounds and music.

Kinesthetic learners learn most likely by means of physical style of learning. The use of their body and the senses of touch and hands help them learn easily.

On the other hand, logical learners preferred to at more reasoning, logic and more systematic way of learning.

Verbal learners used to prefer to learn through the use of words in his writing or speech.

Meanwhile, social learners appear to learn with the help of other people or in groups. oppositely, solitary learners best learn alone.
After figuring out the style of learning that would work best, it is time to determine how, where and when to study. Consider also the different factors that may distract your concentration as you try to study.

If you want to become a successful learner, do not get discouraged, never give up. Develop and work on a study habit that would help you succeed, instead.

You may consider the following in establishing your study habit:

1. Do not put everything into one session. You might feel stressed, tired, and frustrated by doing it. It might not be very effective. Space your work. Do it over a shorter period of time. Taking breaks will help your brain to restore mental energy.

2. Plan your study. Successful learners tend to have schedules of specific time throughout the week when they are about to study.

3. Study on the same time of the day. Since it is important to have schedule of studying, stick to the schedule until it becomes regular part of your life. You will be more mentally and emotionally prepared, as well as each study periods will become more productive.

4. Set a specific goal for every study time. It will help you stay in focus and monitor progress. It must be very clear what you want to accomplish every study time.

5. Start your study when planned for some learners delay their study by the thought of they don’t like their assignments because it is too hard. If you don’t follow your schedule, it makes your time wasted resulting to careless work and errors.

6. Start with the most difficult one. Most difficult task needs more and most of effort. Start with the most difficult since you still have the most mental energy.
7. Review notes before you do an assignment. Reviewing notes can help you make sure you do assignment correctly. Moreover, notes may have the information that will help to complete the assignment.

8. If possible, turn off your cell phones during the times you are studying. It may distract you focus and it is quite hard to get back into what you were doing.

9. Call for a help when having difficulty with your assignment. In this case, it is true that “two heads are better than one.”

10. Review over the weekend. Weekends is really meant for fun time. But it is also good to have time to review. This will help the learner to be ready to on a Monday class as another week starts.

References:

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