STUDY HABITS THAT COUNT

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Study habit is one major factor that contributes to learning, but many students do not realize the importance of maintaining good study routine. What is study habit? It is a pattern of behavior that students follow to grasp knowledge and acquire skills. It is a continuous process of learning new concept and discovering new ideas.

Teachers can help learners to establish good study habits. One study habit that teachers can share is to encourage learners to review lessons early in the morning when the surrounding is peaceful. In this hour, no noise will be heard and it is easy for the students to receive all the data because the mind is relaxed. Another study routine that will help students learn is the use of music. People can definitely hold knowledge by listening to their favorite song. Brain can easily process data into information when it is composed. According to Paquette and Rieg (2008), the integration of song can improve students’ memory and attention. It helps them to learn new concept and idea. Listening to music motivates learners to learn new facts.

Taking notes is another good study habit that teachers should share to their learners. Note-taking skills are important for every individual. Students may take notes from time to time whenever their teachers are discussing new topics. These notes may serve as reviewers when the examination comes. Taking notes helps them to effortlessly recall the lessons presented by the teachers. It increases the ability to analyze the most important details of the lesson. It also develops students’ writing skills.

Planning helps students improve learning. Many students want to review all subjects at once, but it should not be that way. Brain cannot easily process all the
information in a snap of a finger. Students need to organize and prioritize the easiest lessons. It is essential for them to make a plan and start recalling from simple topic up to the difficult lesson. In this way, mind can have enough time to hold facts.

Getting enough sleep is another good study habit. Some students sleep late at night that is why it is hard for them to perceive knowledge. They look tired and sleepy when they are in school. The problem about these students is the lack of enough sleep resulting to poor participation in class discussion. Teachers should encourage students to avoid sleeping less than eight (8) hours everyday. The body needs enough rest to ensure that all other parts will properly function. A well-rested student has a high chance of understanding the lessons. If the students will continue doing this routine, it is easy for them to obtain learning competency.

These are only some of the study habits that teachers can share to their learner to assist them in holding knowledge and skills in order to have lifelong learning. Nowadays, students are preoccupied with everything that the technology brought to humans. They are swiftly distracted at any moment. Teachers’ task is to influence students to establish good study habits to become responsible of the country.

References:
