TECHNIQUES ON HOW TO IMPROVE STUDY HABITS

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Effective study habits can be learned to improve your ability to better retain reading material. Students often give lame excuses like they were born at the shallow end of the gene pool. But even the wisest person in the Bible ask God for wisdom and work on it with faith.

More so, there are other reasons why students fail. It may be financial, medical, plain laziness or simply the lack of effective study techniques. Thus, here are some techniques on how to improve your study habits.

According to the National Commission on Excellence in Education (1984), many students are unsuccessful in school because they lack effective study skills. To counter this, the commission recommends that study skills be introduced to students very early in the schooling process and continue throughout a student’s educational career. Butcosky (1991) reported that the students who have difficulty in college frequently have inadequate study habits that affect their academic achievement. A central problem, he noted, was that many of these students had not learned how to take effective notes and manage time for studying. According Haynes (1993) reports that improving study skills technique can enhance academic achievement for students with poor study skills habits. It has been argued that study skills should be taught at the high school level because many high school students are deficient in reading, thinking and study skills (Tonjes and Zints, 1981).
Studying doesn’t end. Somehow you just gotta learn, learn, and learn more. Effective studying will lead to a better learning, and a better learning will lead to achievements. That is how important studying is. That is why students must learn good study habits.

During class you have to listen to the teacher. Don’t let anything distract you when sitting in class. It is a lot better if you could sit in front of the class so that you can focus on what your teacher is discussing. Next is to take down notes. Write down the important things that your teacher is emphasizing. Listening is not enough. What you heard may be forgotten. You also have to participate in the class discussion to understand more. And the last technique is to take note of homeworks and projects. Record deadlines and follow instructions correctly. This will help you pass your projects and homeworks correctly and on time.

These things will help you keep in mind the lessons that your teacher discuss. Even if there will be a surprise test for you, you will be able to answer the question well.

After class, the first technique is to review your notes. This will help you recall your lesson. Another thing is studying ahead of time. You should also relax your mind before studying. Ignore other things that are bothering you when you are studying. You should also find a place where you can study effectively. Stay away from anything that can cause distraction. And finally, pray before and after studying. God will help you through it.

In a nut shell, you may find these techniques difficult to follow because they require strict discipline and change your study habit. But they are worth a try.
References:

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