WAYS ON HOW TO IMPROVE STUDY HABITS

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Students often give lame excuses like they are not smart enough or that they were born at the shallow end of the gene pool. But even the wisest person in the Bible asked God for wisdom and worked on it with faith.

Relatively, there are other reasons why students fail in their academic performances. It may be family problems, financial inequities, medical, plain laziness or simply the lack of effective study techniques. Thus, learners could improve their studies with these study techniques.

During class, you have to carefully and attentively listen to the teacher. Don’t let any distract you when are sitting in class. If possible, sit in front so you can focus on what your teaching is saying. Next technique is to take down notes. Write down the important or key points the teacher is emphasizing. Listening is not enough. What you got from your teacher’s explanation may be forgotten. Participate in class discussion is another technique in improving your study habits. Teachers appreciate students who participate in class. Don’t be timid. Opinions are subjective. What is important is to express yourself. One more technique that needs to highlight is to ask questions if you don’t understand. This will give the teacher an idea on what to address. You may even get a plus point for asking questions because your teacher knows that you are listening. The last technique that can happen during class is to take note of home works and projects. You need to record or det deadlines and follow instructions correctly and comprehensively. This will help you pass your projects and home works correctly and on time.
After class, the first technique that you have to do is to review your notes. This will help you recall your lessons. An alternative technique that students need to improve is to study ahead of time. Teachers give a copy of the lesson plan or outline of the subjects. Take time to read and study the next lesson ahead of time. Relaxing your mind before studying is an added technique that needs to accentuate. Ignore other things that are bothering you when study. Just take one step at a time. Next is to learn for a place where you can study effectively. It is important to know where you can study effectively. Stay away from objects or persons that can cause distraction. Focus is important in understanding your lessons. Another is to find time to relax. Take time to relax. Listen to music, talk to a friend or breathe fresh air to freshen your mind. And finally, pray before and after studying. Prayer is power. Ask God to give you wisdom and understanding as you study.

In a nutshell, 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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