

TIPS ON EFFECTIVE STUDY HABIT

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A person's customary activity or habitual customs for reading and practicing efficiently are often termed as study habits. Study habits help students have a deeper comprehension of their subjects while also making learning more comfortable and enjoyable. The study habits of a student are vital since they will help them improve their academic knowledge and skills. Some students may have inadequate study habits, prompting them to strain and grow disillusioned with their studies.

Students must cultivate a learning preferences or academic motivation that will allow them to remain concentrated on their ultimate objective of academic accomplishment. Educators contend that, while effective study habits are often overlooked, they provide a number of benefits. Such habits are crucial, particularly when it comes to being organized and learning how to study well. Studying is viewed by far too many people as a necessary component rather than a joyful activity or a chance to learn. That's great, but studies show that how you approach a challenge is almost as essential as what you achieve. You should be in the right mindset in order to learn and understand more efficiently.

Being in the correct mind space is a huge factor in studying. Sometimes, intense emotions like excitement, nerves, sadness, or even stress can impend on the ability of the brain to process the information it is given. Thus, if it can be helped, avoid studying in times when you're distracted by other things going on in life. If absolutely needed, try clearing the mind and concentrate on the topics at hand.

One of the most often mistake done by students in studying is choosing the correct location to do so. A good study area needs to be free of unnecessary distractions that can take the mind away from the things that needs to learned. This is why Libraries are very strict with noise and shenanigans. Libraries are designed to be the optimal study spot, it's quite and the resources are easy to access. In comparison, in a school canteen where people talk and chat loudly and numerous things happen at once, the brain becomes overly stimulated thus making studying ineffective and counterproductive. These days, some people prefer coffee shops to study since it can also be nice quite, in addition with having good atmosphere, the vibe brought by the slow easy cafe music and the smell of freshly brewed coffee really makes a good study spot.

Another rookie mistake is bringing items that deviates attention on the study area. When studying, it is better to just keep the necessities out, like a pen and paper for example, everything else, keep it away on your bag or drawer. Although technology is a huge blessing in studying with all the imaginable sources and references within a click, computers are notoriously distracting with all the functions. For sure, in one occasion or other you have found yourself switching from reading from your laptop to scrolling in social media or watching online videos.

During study, it's really a good idea to have as many variables as possible, because people retain knowledge better when they use several perceptions. It's why note taking is so beneficial: it allows people to retain information by writing it down in terminology they can grasp. Another approach to stimulate yet again another sensation before the major examination is to speak the words out loud while transcribing the materials.

In virtual sessions like seminars and classes, you shouldn't rely on other participants/classmates for notes. Note taking is like mapping out your own process of understanding, thus one person's notes can make sense to them but not to others. There are a lot of tools now that can help in efficient note taking and study planning.

It can be jarring at the beginning, but being organized and well prepared can alleviate some of the pressure of studying. Studying should not be a chore that needs to be, instead, it should be viewed as an enjoyable process needed for learning and growth.

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