

OVERCOMING PROCRASTINATION: STUDY SKILLS FOR HIGH SCHOOL STUDENTS

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Effective study skills are essential for high school students to succeed academically. With so much to learn and so many exams to prepare for, it's important for students to develop strategies that work for them. In this article, we will discuss some effective study skills that high school students can use to improve their academic performance.

One valuable skill is setting a study schedule. High school students have a lot of responsibilities and it can be easy to get bogged down with homework and other activities. Setting a study schedule can help students stay on track and make sure they are dedicating enough time to studying. This can include setting aside specific times during the day or week for studying, breaking down larger assignments into smaller, manageable tasks, and using a planner or calendar to stay organized.

Another useful skill is creating a study environment that is conducive to learning. This means finding a quiet and comfortable place to study, minimizing distractions and eliminating unnecessary noise. It also means setting up a comfortable and well-lit work area, and having all the necessary materials and tools, such as a dictionary, a calculator, or a laptop, at hand.

Active studying is another effective skill. Simply reading or re-reading notes or a textbook is not enough. Active studying means engaging with the material in a way that promotes understanding and retention. This can include highlighting key points, summarizing the material in your own words, creating flashcards, or teaching the material to someone else.

Active studying helps students to engage with the material on a deeper level and makes it more likely they will remember the information.

Effective time management is another important study skill. High school students often have a lot of responsibilities and must balance their time between school, extracurricular activities, and social life. To make the most of their study time, students should prioritize their tasks, set realistic goals, and avoid procrastination. Students should also learn to identify and avoid distractions like social media or video games.

Finally, one of the most efficient study skills is seeking help when needed. High school students may encounter difficult material or problems they cannot solve on their own. In such cases, students should not be afraid to seek help from teachers, tutors, or classmates. They can also take advantage of online resources and study groups. Asking for help is not a sign of weakness, but a sign of intelligence and a desire to improve.

References:
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