

THE KEY TO IMPROVE YOUR STUDY SKILLS

by:

Rizalyn G. Urmatan

Teacher III, Mariveles National High School Poblacion

There are no significant secrets in life, especially for individuals who possess clear goals and are willing to sacrifice to achieve them. If you are this type of person, you will ultimately reach your destination.

Your goals will serve as a pathway to your dream life. If you want to get a high score, it is possible. If you want to be a top achiever in your class, it is possible. If you want to pass the board exam, it can happen. Nothing is impossible if you are willing to work for your goals, sacrifice for them, and dedicate your time to their realization.

For a typical student, studying is just reading books or references precisely the day before the exam. But it takes hard work, patience, and intelligent preparation for those dreaming of more to attain their goals.

Here are some tips from the web writer Maria Zegarra to improve your study skills:

Look for a good studying spot wherein nobody disturbs you.

Take a break from social media. That could be another distraction that could divert your attention.

Avoid using gadgets like your phone and tablet while studying.

Enlist the help of apps if you need support to avoid using social media.

Take a short break to have something to eat or go to the comfort room to avoid boredom with what you are engaged in.

Group reviewing or exchanging questions will better help you to remember the essential details needed in your topic than solo study alone.

Place house plants in your surroundings to provide oxygen and use an essential oil warmer to facilitate your focus on your studies.

Following are some effective strategies to help you enhance your study skills:

Create a study schedule: develop a timetable that allocates specific times for studying each subject.

Organize your workspace: create a dedicated and clutter-free study space.

Take practical notes: make clear and concise notes during lectures or while reading.

Use active learning techniques: instead of passively reading or listening, ask questions, discuss concepts, and solve problems related to the subject matter.

Practice retrieval: test yourself on the material you've learned using flashcards, self-quizzes, or practice exams to reinforce your memory.

Prioritize and manage time: identify high-priority tasks and tackle them first.

Seek clarification: if you need help understanding a concept, ask your teacher or classmates for help.

Practice critical thinking: analyze and evaluate the information you're studying.

Stay healthy: get enough sleep, eat well, exercise regularly, and manage stress to ensure your brain functions at its best.

Monitor your progress: keep track of your grades and assess your study habits regularly.

Consistency is the key; once you start establishing your study habits, it will become part of your daily routine.

When it becomes part of your schedule, you don't need to find time; you've made time for your study session.

Time management is another crucial factor. Ensure you also know the best time to study individually, either day or night. Look for the optimum time that your brain functions best.

Take note: memorization without comprehension is nothing. Try to avoid memorizing material but endeavor to fully understand your topic so it will be easier to answer the exam questions correctly.

Remember that everyone's learning style is unique, so it may take some time to find the study techniques that work best for you. Experiment with different strategies and adapt them to fit your needs and preferences.

Consistent practice and adaptation will lead to improved study skills over time.

References:

Internet Infamous: How Memes Affect Teens. (2016, July 27). Family Online Safety Institute. Retrieved September 24, 2023, from <https://www.fosi.org/good-digital-parenting/internet-infamous-how-memes-affects-teens/>

11 Techniques to Improve Your Study Habits. (2019, August 9). Florida National University. Retrieved December 8, 2019, from <https://www.fnu.edu/7-techniques-improve-study-habits/>