

HABITS OF EFFECTIVE LEARNERS

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Studying is a vital part of every learner's life. Learning in school and mastering academics are said to be integral aspects for an individuals to succeed. Though not everything is found and learned in school, it is still undeniable that excelling in academics is a plus factor to reach your dreams.

Studies have shown that there are some habits which may contribute to develop effective learners. Here are some of them:

READ, Read, and Read

Being well-versed in different topics is an edge as it opens new opportunities. Making reading a habit not only gets you well-informed but also allows your brain to function well. Before the rise of technological era, we have newspapers, magazines and other printed materials. Usually, people at the corporate world check newspapers daily for updates and in-depth analysis in our environment. Nowadays, information becomes handy and it comes at the touch of our fingertips. Acquiring information from reliable portals and sources, allows us to widen our knowledge and perspective in life.

Say NO to CRAMMING

Spending time putting all information in your head can be really taxing. Staying up all night to memorize can be too stressful. When our brain is harried, there is a slimmer chance that we can remember the things that we have studied. Study lessons daily. Do not just rely on stock knowledge. While others claim that their brain can function well while cramming, it does not apply to everyone and can cause unfavourable results.

Take down notes.

Our minds can be tricky. We may remember and learn something now and forget it afterwards. To prevent forgetting something, write down important data. In doing so, it is easier to review and remember these important details.

Get enough sleep.

While sleeping, the body takes its time to repair cells, recuperate, recover and re-gain energy. Both the body and the brain get drained so ample sleep and rest are important. When we are sleep-deprived, our level of efficiency depreciates. An adult needs an average of 6-8 hours of sleep to be able to function well.

Don't be shy to ask questions.

Questions (sensible, that is) are avenues for clarification and gaining additional information. If you don't know something or want to clarify a thing, it's not wrong to ask questions. It is better to inquire than to remain clueless forever.

Efficient learners have effective study habits. Developing these routines may contribute to higher level of competency.

References:

<https://www.educationcorner.com/habits-of-successful-students.html>