



Effective Study Habits : A need for students at any level of education

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Abstract

Education is regarded as an agent of nation development so factors that promote academic performance such as effective study habits should be encouraged among students. According to him, the promotion of effective study habits among students should be of profound interest to all stakeholders in the field of education. In India ineffective study habits lead to poor career performance, inefficiency on job, lack of job satisfaction, low productivity, and gross under development and retrogression of the nation's intellectual advancement. Good study habits make student's days in school rich, productive and enjoyable.

Keyword: Study Habits , effective , education , academic performance

Introduction:

If you are a college student, high school student or in elementary school you still need good study habits in order to perform better and succeed in school. Good study habits for students start at home, however we learn the most of them by practising them and through trial and error. Those students want to get better not only inside school but outside too for them there are some good study habits that they could implement in to their routine. You should start taking notes in class. Write down what the teachers say but only what you think is important . Use colors and highlight the most important things because this will help you better in less time for your next test. You should pay attention in class. Sometimes we go to class and start thinking about who knows what. So try to actually, listen to what is going on in class, what the professor is saying and other people's question as well. Another good study

habits for students is to do your homework at school. This is very rewarding for anyone because by the time you get home we have more than enough time to enjoy what you like to do most without worrying about your assignment for the next day. Studying for tests and exams ahead of time is also a very good habit. If you know a test is approaching your way then start going through your notes today, read little by little every day so when the time comes you are prepared already to take on it. The students who follow these study habits in their study can grasp more in a short time. They can get to top rank in study. These habits make a student effective.

This is a question asked by students that what makes an effective student? An effective student is one who can succeed in the classroom and outside too, becoming an effective student takes time and patience. There are many rewards for becoming an effective student. One of the greatest rewards is graduating from high school or college. An effective student can achieve their goals because of their study habits. Successful or effective students are not afraid to ask questions and will admit when wrong. Students who come to class on time every day with the right materials and pay attention in class, is an example of one being effective.

Establishing Good Study Habits

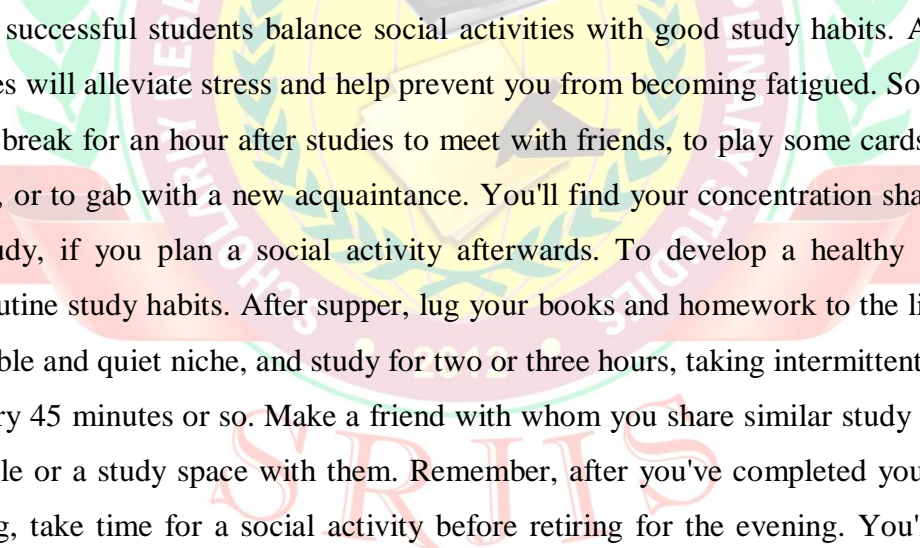
Efficient Use of Time:

"I'm here to tell you what I think is a key to academic survival and success. The first and most important thing I feel, at least to survival and success in the classroom, is efficient use of your time outside the classroom. Remember, there are 24 hours in a day. Set aside two to three hours each day for studying. This will leave you with five to six hours -- after we subtract time for our classes, meals, and a good night's sleep -- to do those things that we like to do much more than studying. The next thing that I feel contributes to survival and success in the classroom is periodic review of your lecture notes and the appropriate chapters in your textbooks. Periodic review and beginning to study for your exams early will save you time in the long run and it will prevent cramming. That way you can be well rested and more motivated and less anxious on test day. The last thing you can do to help get good grades is take advantage of all the academic resources at your university. It can only help you." - *By Dante Battles*

The Power of Cooperation:

"Education often looks like competition. We compete for interest in school, for grades when we're in school, and for jobs when we leave school. In such a climate it is easy to overlook the power of cooperation that is developed through study support groups. Study support groups feed you energy. People are social animals and we draw strength from groups. Aside from the comradery, the fellowship and the fun, support groups can assist you by elevating your spirit. There will be days when you just don't want to work on your education. Other members of the study group, however, can support you and encourage you. In addition to drawing strength from the group when you're down, you can give support to others yourself as they need it. A study support group is also a good place to build rewarding relationships with people. So remember your friends and classmates when you study." - *By Mike Brown*

Mixing Studies with Social Activities:



"The most successful students balance social activities with good study habits. A diversion from studies will alleviate stress and help prevent you from becoming fatigued. So make sure you take a break for an hour after studies to meet with friends, to play some cards, work out at the gym, or to gab with a new acquaintance. You'll find your concentration sharpen when you do study, if you plan a social activity afterwards. To develop a healthy social life, develop routine study habits. After supper, lug your books and homework to the library, find a comfortable and quiet niche, and study for two or three hours, taking intermittent 10 minute breaks every 45 minutes or so. Make a friend with whom you share similar study habits, and share a table or a study space with them. Remember, after you've completed your work for the evening, take time for a social activity before retiring for the evening. You'll wake up feeling refreshed and prepared for another day." - *By Mark Crill*

Setting a comfortable pace:

"Are you frustrated at not performing at a level equal to your potential in your courses? This tip is to help maximize your academic efforts. A good grade in a course is almost never the result of luck. The key is to set yourself at a comfortable pace for studying. What is your comfortable pace? Once you determine this, consistency is the secret. Setting aside time for

focused study every day will probably result in a higher grade point average. Make falling behind a thing of the past! Also, for each course you have, rate your interest level and the type of course, list the course requirements, set a goal for the grade you wish to earn, and establish a study schedule. A study schedule will guarantee better grades and may actually reduce the study time you spend now. Be sure to incorporate some review time each study period. Your study schedule must be convenient and you must adhere to it. Increased study time with consistency will spell success. I have seen it work for students." - *By Jean Fera*

Changing Your Habits:

"The past does not equal the future. Once again, the past does not equal the future. Next, I want you to take what you have written down and place it where you will see it each and every day. Okay, what does it mean? It means those poor study habits such as not completing assignments, missing classes, and staying up too late before your next class do not have to be repeated in the future. Who can make these changes? Yes, you're correct. You, and only you, can change the future to achieve more success and productivity. Remember, don't let the past be your future. Make these changes for a better life." - *By John Feldmeier*

Personal Maintenance:

"We all know the importance of maintaining a car. We can push it to the limit, but sooner or later it starts to run poorly. By setting aside some time for a little maintenance, we can keep it running smoothly and efficiently. Unfortunately, we tend to forget these simple truths when they're applied to college life. We push ourselves to keep up with demands and ignore warning signs such as decreased productivity and a negative attitude. We fail to recognize that some time spent on rest and relaxation may actually save time in the long run. People often notice that their mood improves and they work more effectively after taking a break. Personal maintenance may include very simple and inexpensive activities such as taking a walk in the snow, having dinner with a friend, or listening to some favorite music. So take a little time out today to do something fun and relaxing -- your system just might run a little smoother tomorrow." - *By Gary LaBine*

Immediate Review of Class Notes:

"The study suggestion that I recommend is the one that I am still working on applying in my last semester of graduate school -- that is, to go home and review as soon as possible what you have heard and learned in class. Otherwise, 80% of what was learned will be forgotten.

So, as soon as you can after class, review the class notes or the related chapter text. When you do this type of review, you may have the satisfying experience of ideas relating, making sense, and fitting together for you. At times, you may also experience a very interesting phenomena. Sometimes it feels like light bulbs are going on in your brain when these connections are made. And that's the good side. The other side is that this requires self-discipline and requires planned effort. Yes, I mean a planned study schedule. But it is a rewarding learning experience and I recommend it to you. This may also be done in reverse and this may also be easier. Immediately prior to a class, read the chapter text material that will be covered in the lecture that day. You will be one of the few students who will understand the lecture, be able to answer questions, ask questions and thus participate. And you will feel "real" knowledgeable. This has an instant positive feedback effect and will also enable you to retain more information. So, schedule daily study time and schedule one or the other of these techniques into your planned study time." - *By Nina Maddalon-Perino*

Staying Awake:

"There are times when, no matter how interesting a subject might be, it's still very difficult to stay awake when studying. Say you have several chapters to read for the next class. You have the time to do it, but you're having trouble keeping those "baby blues" open and focused. Try this. First, buy an egg timer, one of those little white ones that clicks off the seconds quietly. Set the timer for ten minute intervals. Read until the timer goes off. Then get up and move around for a couple minutes -- maybe sip some fruit juice. Then set the timer and repeat the process. If the moving around and sipping isn't enough, try some deep knee bends, sit ups, or muscle-stretching activities. The idea is to keep the blood moving through the brain. You'll be surprised at the amount of information you cover in a short period of time." - *By Donna Patterson*

More About Time Management:

"Are you having trouble remembering information when you take a test? Do you feel overwhelmed with the amount of material you need to learn? Information stored in short-term

memory can begin to decay within a short time unless effort is made to place the material in long term memory. Research indicates that unless you review within 24 hours, 80% of the material can be forgotten. By reviewing information as soon as possible you will not only increase the amount of material you will remember, but you will also decrease the hours of study needed before an exam. You can build review sessions into your daily schedule by following a few simple steps. First, avoid scheduling back to back classes. Use the time in between your classes to review your notes. Dot your "i's", cross your "t's" and write out abbreviations. This will only take you two or three minutes and will aid in retention of the material. Second, use small amounts of time to review. Try to avoid marathon study sessions, since they tend to be overwhelming and cause students to procrastinate even more. Third, time wasted in line at the bookstore or waiting at the laundromat can be used to review and organize notes. The key is time management. Learning to budget your time will give you more time for frequent reviewing so that less time is spent cramming." - **By Kate Strosser**

Don't Panic

"You know, it's really easy, especially during this time of the semester, to look at all the things you have to do, and -- well -- panic. Some people even go into withdrawal because they don't know what to do -- they are overcome, and do nothing at all, and of course the worst happens. The solution to this problem sounds flip, but it really isn't. Don't look at the whole picture. Keep your attention focussed only on each individual step. Focus on your math assignment -- don't also worry about your English paper and communications project. Or, write that first draft now, and worry about the final format later. But, above all, do it now. If you keep up with each step, the whole will take care of itself automatically. You don't have to worry, and who knows, you might even get some sleep." - **By Peter van den Honert**

CONCLUSION:

Study habits can help you throughout your education. Developing good habits by these methods and guidelines a student can achieve their goals, success and top rank in study very easily. There are some students who has study habits but poor study habits. Those students are always having problems in classroom, in examinations and during lecture time. Students with poor study habits are failing to reach their average test results in examinations as well as very poor comprehension during lecture time. Experts have said that the bad behavioral patterns of students are also taking its toll on the poor performance of many students. So the

students with poor study habits should try to improve their study habits first of all you try to read your lessons regularly. This is one of the most effective techniques in making yourself updated of the lessons in the class. Just by merely reading every night before you go to bed is already a big help in your part as a student. You don't need to memorize everything to become a member of the top students in the class. Reading your lessons regularly would enable you to remember the topics discussed during the past days. When you read always start at the beginning until you reach your current discussions. After that students try to review subjects where you are weak. Many students are not doing this. However a recent survey conducted in the US said this should be part of the activities of students. You need to review the lessons where you are weak and getting low grades in examinations as well as during discussion. You would identify the subjects you are not interested very well and this is where you should focus your concentration. sessions. There are few students who want to study when they are with their classmates. If you are this kind of person you should make it a point to join group study session. You can feel that group study sessions are more exciting than you alone studying. The interactions are a great help because you can ask questions to your peers for lessons you don't understand in classroom discussions. In the end students should take down important notes. These are the notes in which it can help you easily remember the topic you have studied.

With these tips a student with poor study habits can improve his study habits and also have good chance of improving his grades. Because a student with good study habits can do his/her study easily. They have no problem in their studies and a can achieve their goals. Good study habits make a student an effective, successful, confident and able to achieve and grasp top rank in study.

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