

Learning objectives:

Upon successful completion of this course, the student will understand:

- ✓ Definition of study habits.
- ✓ Good and bad study habits
- ✓ Characteristics of students with bad study habits
- ✓ Characteristics of students with bad study habits

Introduction:

Study is an important part of university life and there is no universal method that fits every student or subject. Developing practical study habits is largely a matter of working out what works best for you. There are, however, useful methods and guidelines you can follow to help maximize your learning. Being successful in college requires a high level of study skills. Students should first learn these skills, practice them, and develop effective study habits to be successful.

All students have study habits that have worked for them in the past, and many continue to do so. However, they sometimes need to re-evaluate their approaches to studying at university.

1- Definition:

study habits are the **behaviours** used when preparing for tests or learning academic material. They are **factors (internal +external) that facilitate the study process**.

There are two types of study habits: Good, and bad (poor)

2- Bad (poor) study habits:

Poor study habits are a major cause of current academic problems. Too many students do not know how to study efficiently and effectively. Consequently, they may waste time on assignments, overlook important facts or give-up before completing assignments. Furthermore, because they do not understand “how to study,” they may become “turned off” by the educational process and limit their life-long potential to learn.

If students are to develop the kind of study habits that improve academic achievement, the cooperation of home and school will be required. Regular, organized and consistent study habits can improve academic achievement.

Example: A person who waits until the very last night before an exam and then stays up all night trying to cram the information into his head is an example of someone with bad study habits.

- 3- Good study habits:** Are essential for a successful career where education and training are required. They include: time management, self discipline, concentration, memorization, effort, pay attention in class, taking notes, ask questions..

4- WHAT CHARACTERIZES STUDENTS WITH POOR STUDY HABITS?

- Usually, read without recognizing the meaning.
- Skim so quickly they miss important facts.
- Careless, messy in their paperwork.
- Tend to overlook or skip problems and tasks.
- Are easily distracted.
- Do not stick to a task, daydream or try to study while watching television or listening to music.
- Rarely ask meaningful questions.
- Constantly ask questions just to avoid getting to their assignments.

5- WHAT SKILLS ARE REQUIRED FOR STUDENTS TO STUDY EFFECTIVELY?

Working independently requires self-discipline. Self-discipline involves willpower, concentration, the ability to organize work and to use time wisely. These skills are sometimes difficult to develop in many homes, and students need frequent praise and encouragement to achieve them. This is another reason for the emphasis on schools and homes working together to help students.

6- HOMEWORK Vs GOOD STUDY HABITS?

- It promotes skills such as curiosity, the capacity to read and think carefully and the ability to use time wisely.
- It encourages interest in learning about new subjects and when it helps students discover and use the wide array of resource materials on almost any subject.
- It improves the learner's self-esteem. Self-esteem improves when students can successfully complete the required work.

When students learn that they can successfully complete homework, their study habits improve automatically.

7- Practical habits for Effective Study:

1. GETTING ORGANISED.
2. Manage your Courses, Add New Tasks .
3. Monitor your assignments .
4. Make a list.
5. Recognize that you need to make decisions regarding your priorities, your time, and your resources to succeed.
6. Take responsibility.
7. Centre yourself around your values and principles.
8. Don't let friends dictate what you consider important.
9. Study Smarter not Harder.
10. Remove distractions.

College is not so much determined by intelligence, but by knowing 'how to study'