

Influence of study habits among access lagro baby thesis essay sample

[Education](#), [Learning](#)



Introduction

As the year level of students in school becomes higher, their study habits differ from time to time. The kind of study habits they have shown the differences or improvements in how they become skilled and earnest about learning new things. Studying does not only include the preparation of students to excel in class but also the reinforcements of the lessons already taught. It is merely reviewing and committing to mind new information. Furthermore, study habits can be derived as buying out a dedicated scheduled and un-interrupted time to apply one's self to the task of learning. Without it, one does not grow and become self-limiting in life. Truly, it plays a very important role on their academic performances.

The effects of study habits on student's academic performances rely on how they practiced their own study habits. It is actually not difficult to acquire excellent and powerful studying habits and techniques. Many of these are actually common sense and the key is the application of strong study tools and not actually in the tools altogether. What appears as simple can actually be plain challenging; in addition, students should still consider some factors that may be considered for studying effectively in improving his or her study habits. These factors include; a good place for studying, enough time to rest, a fixed schedule and setting out a definite goal. However, it still depends on the students on how they will be able to develop their study habits through their own personal way.

The extent of student's learning in academics at Access Computer College may be the grades they acquire or earn at the end of each term of learning.

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It's believed that the main indicator of learning is the grades that the students have. If a student earns high grades, we can already conclude that they have learned a lot during the term of learning. Otherwise, low grades indicate lesser learning. However, many experiences and studies found out that there are also several factors that could explain the level of grades. There is no single factor that can be definitely pointed out for the prediction of grades. Several factors include IQ, gender, age, section, year level and even residence. In fact, almost all environmental and personal factors are considered as the cause of academic performance. However, at this point, we would like to make a survey and investigate the study habits and its effects on academic performance of each student at Access Computer College.

Objectives

To emphasize the importance of good study skills to student success

Most students are not aware of the value of good study skills to their success. Unless they're among the fortunate few who have taken a study skills course, note taking and studying are at best a haphazard collection of habits that have been developed over time. The first thing students must recognize is the benefit of good study habits. You can help by taking a few minutes of class time to encourage students to improve their study skills and by giving them compelling reasons why it's worth their time and effort.

To inform students of the knowledge and skills necessary for success

The nature of the content and the types of assignments you require in your class will guide you in identifying specific study strategies that will be effective for your students. Share your insight with students on what you believe will help them master the content. Some classes have easily identifiable skills that influence students' ability to succeed. Informing your students of the types of skills the course content requires will help them to have a realistic understanding of class expectations and to make judgments about their preparedness to meet course requirements. You can help your students by identifying and explaining the general requirements of your course content.

Basic skills:

the reading, writing, or math skills necessary to learn the information, concepts and skills taught in the class the communication skills (reading, writing, speaking) to demonstrate learning Background knowledge:

prerequisite courses

the body of knowledge assumed by the text or the teacher

basic vocabulary

Study skills required:

learning from the textbook (e. g. annotating, summarizing, using the glossary, outlining, checking comprehension) learning from the lecture (e. g. taking notes, listening skills, asking questions) studying for and taking tests

using academic resources

metacognition (e. g. awareness of the quality of their learning, awareness of

what they can do to enhance their learning) Time and study commitment:

number of classes required

recommended commitment of study time

types and number of assignments

To help students assess their study skills strengths and weaknesses

Once students are convinced of the benefits of good study habits, they will need to determine how to improve on their skills. The major components of study habits are: Reading

Listening

Note Taking

Test Taking

Time Management

A student who has poor study habits may be deficient in any or all of these areas. Any deficiency will hamper a student's ability to master content or to demonstrate mastery of the content in your class, resulting in a poor or failing grade. Since you are probably not teaching study skills as a part of your class, students themselves will have to take most of the responsibility for improving their overall skills. So how can you help a student determine where help is needed? Guide students to resources available at your college and on the Internet.

To provide students with information resources for study skills development

Most colleges offer courses in study skills and professional assessments of any learning disabilities that interfere with learning, as well as subject-

specific tutorial services. Your class syllabus is an easy way to inform students of these resources. If you are not sure of the specific information, refer students to the Information Department. They will be able to get up-to-date information on courses and college services that will help them study more effectively.

To give students clear directions and frequent opportunities for progress assessment and feedback on class work. Give students the learning objectives for every lesson. Refer to these often in your class lectures and assignments. Make sure assignments and test items are consistent with the specified objectives. Generate weekly lesson content outlines from your lecture notes for distribution to students. Leave ample white space on the outlines so students may take notes. Encourage students to ask questions and give them opportunities to process information through practice, discussion and interaction.

Statement of the problem

Main statement of the problem

How Study Habits affects the Academic Performance of the students of Access Lagro?

A highly involved student is one who, for example, devotes considerable energy to studying, spends much time on campus, participates actively in student organizations, and interacts frequently with faculty members and other students. Conversely, a typical uninvolved student neglects studies, spends little time on campus, abstains from extracurricular activities, and

has infrequent contact with faculty members or other students. There are many other possible forms of involvement, which are discussed in detail below.

Specific statement of the problem

1. What are the modifiers of the student in their age and economic status?

There is a difference between doing homework and studying. Homework is the student's responsibility. Students may complete their homework but we often find that they don't know how to study. Meeting with one of our tutors to discuss study skills is great for students who want to improve their performance in the classroom.

2. What is study habit?

The habitual practices one uses to help them study and learn. .

3. What should they do if there is no good quality of education?

What are good study habits?

Take responsibility for the learning process

- Set practical goals

Be aware of performance and progress

- Use time wisely

- Understand and retain content

4. What are the factors that affect study habits?

According to one of the readings, education is absolutely beneficial for society on the whole. It is a lifelong process to each person that needs to be reinforced throughout life. However, we need education system that may eradicate illiteracy and may provide the common man an access not only to basic education but also to higher and technical education.

5. What is the study habit significant to student performance?

It will provide valuable information about the effects of poor study habit on the academic performance of students.

Importance of the Study

1. The rationale, timeliness and/or relevance of the study. The rationale, timeliness and/or relevance of the study to existing conditions must be explained or discussed. For instance, a survey test in literature reveals that the performance of the students in the Access Computer College is fair. It must be pointed out that it is a strong reason why an investigation of the teaching in Access Computer College is necessary. Also, the study is timely and relevant because today, it is literature making some nations very highly industrialized and progressive. So, if literature is properly studied and taught and then applied, it can also make the students good in communication skills.

2. Possible solutions to existing problems or improvement to satisfactory conditions. The good performance of the students in the Access Computer College in a survey test in literature should be explained as a problem and a

satisfactory condition. So if the inquiry is made the possible causes of the fair performance of the students in the academics survey test may be discovered so that remedial measures may be instituted to solve the problem or the unsatisfactory situation.

3. Possible contribution to the fund of knowledge. If in the study it is found out that the inductive method is very effective in the teaching of academics, it should be pointed out that this can be a contribution of the study to the fund of knowledge.

4. Possible implications. It should be discussed here that the implications include the possible causes of the problems discovered, the possible effects of the problems, and the remedial measures to solve the problems. Implications also include the good points of a system which ought to be continued or to be improved if possible.

Definition of terms

Factor - Dictionary. com defines factor as “ one of the elements contributing to a particular result or situation”. In this study, it refers to the elements that contribute to the improvement and development of the study habits of freshmen students.

Student - The free dictionary online defines student as “ one who is enrolled or attends classes at school, college, or university”. In this research study, it refers to our respondents and was being categorized specifically as freshmen students.

Academic performance - Academic performance refers to how students deal with their studies and how they cope with or accomplish different task give to them by the teachers.

Develop - Dictionary. com defines develop as “ to bring out capabilities or possibilities of; bring to a more or advanced or effective state”. In this study, this refers on how the study habits of freshmen students of Access Lagro grow and expand an improved manner.

Study habits - Wiki answers. com defines study habits as” the ways that you study- the habits that you have formed during your school years”. In this study, we focus more on this term which represents our research study in general.

Scope and Delimitation

This study only focuses on the factors that affect the study habits of first year students currently enrolled in Access Computer College Lagro and is having the prescribe study load for a given quarter. This study may have an effect on the generalization of the study and its findings.

However, its findings, at least some portion and extent of it may still hold true to other schools possessing the same characteristics or adhering to the same educational vision, mission and objectives and curriculum of Access Computer College Lagro.

Chapter II

Related literature and studies

Study habits have been defined as the attitude of one person towards their academic year in life. It has been also studied by many researchers. In fact, according to psychologist John M. Grohol, the study habit of students is affected by its environment. Due to that, he suggests that student should study in smarter way. And so he gives ten effective study habits to assist the students with their schoolwork. These ten effective study habits are the following:

Improve your study mindset by thinking positively towards study, avoiding catastrophic and absolute thinking such as self-pitying, and lastly, avoid comparing yourself with others.

Environment matters in studying so it would be better if you find your ideal place that suits your studying approach.

Bring everything you need, nothing you don't. Through this study habit, you will be able to focus more on your schoolwork and you will avoid such destruction.

Outline and review your notes.

Use memory games or mnemonic devices in memorizing pieces of information regarding your studies.

Practice by on your own or with friends since practice makes perfect. It can also assist you to remember your lesson easily.

Make a schedule you can stick to and being committed to it hinder you from cramming.

Take breaks and rewards. These breaks will facilitate you to do your schoolwork more efficient and effectively. Meanwhile, the rewards could be used as your motivation in studying.

Keep healthy and balance. Though it is difficult to live a balanced life while in school, you must consider that the more balanced you seek out in your life, the easier for you to overcome every components in your life. Being healthy also, gives you more energy to do your tasks.

Know what are the expectations are for the class to abet you understand the course requirements and the professor's expectations.

These ten effective study habits will highly improve not only your approach towards studying but also your mind-set to have a satisfying grade.

However, at the end of the day, we must not forget that studying doesn't end with passing the exam. Nevertheless we must always remember Sir Thomas Edison said in his quotation, " A single sheet of paper can't decide my future", we must not always rely with test we've taken during our school years but with the values we obtain from it.

Chapter III

Research Methodology

A. Research Population respondent

1. Do you make a Master Schedule for each semester?
2. Do you update it weekly/daily?
3. Do you study for each class every day?
4. Do you start reviewing for major exams at least 3 days in advance?
5. Do you belong to a study group?
6. Do you attend extra help sessions or office hours provided by the instructor?
7. Do you have an efficient system of note taking?
8. Do you review your notes after each class, preferably right after class?
9. Are you able to finish your tests in the allowed period of time?
10. In addition to highlighting, do you make notes as you read class materials?

B. Instrument Used

C. Data Gathering Procedure

The data for this research were collected using a survey questionnaire. The survey was created using suitable questions modified from related research and individual questions formed by the researcher. The survey was comprised of 10 questions, which were related to the participant's perception regarding study habits. In the questionnaire, Liker scale was used to determine if the respondent agreed or disagreed in a statement. After the professor validated the questionnaire, these were distributed to the second year students of Access Computer College – Manila. The researchers assured confidentiality of their survey sheets since the identities are not important.

The researchers also understood that people's consciousness may also affect their honesty and effectiveness in answering the survey, and so, the researchers gave people the option of being anonymous. Participants were given time to respond and then the researchers collected the surveys the next day. There were no incentives offered for participating in the research. Next, the researchers planned the questions that they would be asking to the interview. The researchers interviewed certain number of students in the population regarding study habits.

D. Statistical Treatment

In getting the sample size, the group used the Ahmad's formula which is, $n = \frac{N \cdot e}{1 + N \cdot e}$, N stands for the whole population of the second year computer science students who were enrolled in second semester of school year 2014-2015, while e, stands for the margin of error, the researchers used 0.01 as the margin of error. The data collected were tabulated and analyzed. Analyses of data were guided by mean and percentage.