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Faculty of Letters and Foreign Languages
Department of English Language



Course: Study skills

Level: First year LMD

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Studying habits and setting

Objectives of the Lesson: By the end of this lesson, learners will be able to:

- Determine the major study habits and how to use those habits effectively.
- Identify the benefits of these habits in developing the students' level.
- know the differences between good and bad study habits.

Prerequisites

-Students should have a good command of English

-Students should be at least at a lower-intermediate level in English.

Introduction

Education plays a vital role in developing the learners' level. Acquiring a new information and the way one responds to the learning environment makes him a systematic learner. Needless to say, one of the main purposes of education is to develop learners through training. This includes showing them how to formulate solutions to problems, how to grow independently, how to practice what they have learned in different real life situations and settings. In other words, you cannot learn simply by being told what to do or by watching others, you have to practice and practice frequently.

Successful students employ different ways to ensure their progress, one of these handy ways is study habits. Study habits can include a wide variety of behaviors, from the amount of time that students study, to the strategies that they use while studying, to the environment in which they study . Learning styles can enhance students' development and initiative to their study habits.

1. Definition of study habits

Study Habits refer to the habitual practices that learners do during the process of getting new information . In other words, study habits are regular tendencies used by a person to gain a knowledge. Good study habits can help students achieve and/or maintain good grades. A person with poor study habits will not be able to learn properly. That is, he/ she will suffer from different problems.

Generally, students develop their study habits before going to university. So they are generally expected to have effective study habits. But, the environment of school and university are very different (Kumar, 2015,p.18)

2. Importance of study habits

Good study habits are an important part of learner's success. That is, study habits can increase your self-confidence, self-esteem and competence which will help you in developing your academic performance. They can also reduce anxiety about tests and deadlines. By developing effective study habits, learners may spend less time in studying, leaving more time for other things in life.

3. Good /effective study habits

Successful students have good study habits. They apply these habits to all of their classes. According to Katelyn (2013), good study habits « are sometimes referred to as positive or productive study habits. As the name implies, they are those pleasant study habits which have the tendency to improve the academic performance of students or that seem to produce good results ».

Harper and Row (2009), highlight **good study** habits as:

1. Studying every day : Consistency is crucial point when it comes to studying. Learners need to get daily opportunities in order to learn or revise.

2. Creating a quiet place at home or anywhere to study : It is a good idea to find a spot at home or in campus where you feel comfortable and inspired to dive into a successful study session. Learners need an environment that will aid in keeping you focused on their assignments. The library has always been a reliable place to get some real academic work done, but if you prefer someplace else, just make sure that you're set up for success. University may have other places on campus that will provide you with a nice little studying spot. In other words, the environment should be whatever works best for you. This means the ability to study in silence, lighted place

3. Turning off the phone, TV and other devices that may disturb you when studying : when we talk about lifestyles distractions, nothing can disturb learners like social media. In fact, technology offers helpful ways to access new information. However, it also creates distractions that prevent you from concentrating on your research.

4. Studying in a way that suits your learning style : as a matter of fact, the process of learning is something personal. That is, it differs from one to another. Learners need to select the appropriate style and strategies that suit them best. For instance : if a student is a visual learner, he/she needs to see images, colors, drawings...etc.to get knowledge.

5. Taking regular breaks : Do not be so hard on yourself. Working until late hours of the morning to complete a homework might be perfect for that class, but it is not for you or other academic courses. Learners have to take care of themselves in order to improve their academic performance.

6. Keep Track of Deadlines and Important Dates : learners should be sure to review the important dates every day and write down the dates for assignments, homeworks, exams, and other important events. Keeping track of what you need to study for can help you stay ahead of crucial projects and develop good study habits for college.

7. Do not cram for your exam : If learners respect deadlines and important dates, then, they likely won't find themselves in a difficult situation, but it's worth repeating. Studies show that reviewing material in smaller chunks of time is more effective than trying to cram a ton of material into one session.

8. Schedule your study time : Instead of mixing study sessions with, naps, jobs and other responsibilities, learners should treat studying like any other class or commitment. Pick a specific setting, then set a specific appointment with yourself each week, and stick to it.

9. Asking for help if one is struggling with his studies, students should not be afraid to ask for help from tutors, professors, and classmates if they think they are falling behind. Whenever

you feel trouble in understanding a new concept or just need help managing your time, ask others because university is full of people who know exactly what learners are going through. Do not be afraid to ask classmates for a refresher if you miss a lecture.

10. Taking notes as well as organizing notes in a notebook or folder : Whenever students are sitting through a lecture or doing an assigned reading, they must take notes. Take and review thorough notes. Use notebook to write down new things immediately. When doing that, learners will absorb key terms and ideas more quickly. Don't be afraid to ask classmates for a refresher if you miss a lecture.

11. Study with a group or partner : Many University students have realized how helpful it is to help one another throughout the school year .Study in groups usually happens before big tests, and events. You can exchange notes, quiz each other, and most importantly, hold each other responsible for showing up to each session.

4.Bad/ poor study habits

According to John (2010), bad study habits « are negative or non-productive study habits which are undesirable and counter-productive to students' academic performance. ». In other words, when learners use such bad study habits at all levels, this will hinder their improvement and academic progress and performance of the users.

Ebele and Olofu (2017,p.585) believed that bad study habits range from :

1. Procrastination :when of the worst habits that students need to avoid is procrastination. It is the act of postponing, delaying or putting off especially habitually or intentionally which results in a less-than-stellar output.

2.Not taking note : writing down new things can help learners organize ideas and keep track of what you need to study, especially when covering large amounts of information. If students do not take notes they increase the chances of missing crucial points related to different subjects and failing to get high scores.

In the same context, Nikki (2013) identifies bad reading habits that include :

3. listening to loud music : listening to music can be beneficial, however, music does not help people when they are engaged in learning new, complex and hard things.

4. Studying in uncomfortable conditions : Sometimes, studying at home is tricky and can cause developing poor study habits. In fact, learners can face many distractions that can prevent them from giving you 100% attention to the task at hand. Whether it is the sound from the TV, house equipment or family members wanting to chat with you, any interruption can break your momentum.

5. Cramming : getting enough sleep is very important thing learners need to give to their minds and body. That is, in order to prepare for a test, students need to take their time to study for an hour or two several nights before having that test instead of cramming all things together to avoid ending up ill or with low scores.

6. Skipping classes : being absent without good reasons, will make students suffer. In fact, they will spend many hours copying notes and asking friends and classmates about the lessons they have missed. That is, if students skip classes regularly, they will need to read and learn the lesson from scratch, making it harder to get better grades.

References

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