

Study Habits

Objective: by the end of this lesson, learners will be able to identify effective studying habits.

Study Habits refer to regular and habitual practices learners do during the process of getting new/ reviewing information . Study habits can include a wide variety of behaviours, from the amount of time that students study, to the strategies that they use while studying, to the environment in which they study .

Good study habits can help students achieve and/or maintain good grades. They can also increase self-confidence, self-esteem and competence. They also can 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. A person with poor study habits will not be able to learn properly. That is, he/ she will suffer from different problems.

Good Study Habits	Bad Study habits
‘...[are] 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’ Katelyn (2013)	‘...are negative or non-productive study habits which are undesirable and counter-productive to students’ academic performance.’ John (2010).
1-Studying every day 2-Creating a quiet place at home or anywhere to study 3-Turning off the phone, TV and other devices that may disturb you when studying 4-Studying in a way that suits your learning style 5-Taking regular breaks 6-Keep track of deadlines and important dates 7-Do not cram for your exam 8-Schedule your study time 9-Asking for help 10-Organizing notes and lessons 11-Studying with a partner or a group (Identified by Harper and Row ,2009).	1-Procrastination 2-Studying in uncomfortable conditions 3-listening to loud music 4-Cramming 5-Not taking notes 6- skipping classes (Identified by Ebele and Olofu ,2017)

Task1: What problems can result from having poor study habits?

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Task2: a-Check (✓) the good study habits that you already do.

b-Can you add extra ones?

c- What new study habits do you want to develop?

**Homework: Answer the following question in a paragraph of 8-10 lines. Cite the sources of information you use.
How can a person develop a habit?**