

## Lesson 08: STUDY HABITS

### Objectives of the Lesson

By the end of this lecture, learners will be able to:

- Identify the main study habits and explain how to apply them effectively.
- Recognize the benefits of these habits in improving students' academic performance.
- Distinguish between effective (good) and ineffective (bad) study habits.

### Introduction

Effective learning is essential for improving students' academic achievement. To become effective learners, individuals must acquire information in an organized way and respond positively to their learning environment. However, learning effectively does not happen automatically; students need guidance and training. This includes teaching them how to solve problems, become independent, and apply what they learn in real-life situations. Simply listening or observing is not enough—students must practice regularly.

Successful learners use various techniques to support their progress. One of the most important strategies is developing **strong study habits**. These habits may involve how much time students spend studying, the methods they use, and the conditions in which they study.

### 1. Definition of Study Habits

Study habits refer to the repeated practices learners use while acquiring new knowledge. They are the regular behaviours that help individuals learn. Good study habits enable students to achieve or maintain high academic performance, whereas poor habits create learning difficulties. Although many students develop study habits before university, the expectations and environment at university are quite different from school (Kumar, 2015, p.18).

### 2. Importance of Study Habits

Effective study habits are essential for success both at university and beyond. They help students build confidence, improve self-esteem, and strengthen their academic abilities. Good study habits also reduce stress related to exams and deadlines. By studying effectively, students may accomplish more in less time, giving them more freedom for personal activities.

### 3. Good / Effective Study Habits

Strong learners consistently apply effective study habits across all their courses. According to Katelyn (2013), good study habits—also known as productive or positive study habits—are those that lead to improved academic performance and positive results.

Katelyn (2013) identifies fourteen effective study habits:

- **Attending all classes**
- **Reviewing notes daily**
- **Reading assigned material before class**
- **Studying regularly**
- **Meeting at least once with the instructor**
- **Developing and memorizing course-related vocabulary**
- **Reading additional materials to strengthen background knowledge**
- **Attending help sessions**
- **Using learning resource centers when available**
- **Preparing potential questions**

- **Asking questions during class**
- **Studying previous exams (when accessible)**
- **Avoiding last-minute studying**
- **Sleeping at least 8 hours before an exam**

Harper and Row (2009) also highlight additional good study habits:

- **Study every day**
- **Choose a quiet study environment**
- **Limit distractions**
- **Use the learning style that suits you**
- **Take regular breaks**
- **Track deadlines**
- **Avoid cramming**
- **Create a fixed study schedule**
- **Ask for help when needed**
- **Take and organize notes**
- **Study with peers**

#### **4. Bad / Poor Study Habits**

John (2010) describes poor study habits as unproductive behaviours that hinder academic performance. According to Ebele and Olofu (2017) and Nikki (2013), common bad study habits include:

- 1. Procrastination**
- 2. Not taking notes**
- 3. Listening to loud music**
- 4. Studying in distracting environments**
- 5. Cramming**
- 6. Skipping classes**
- 7. Studying without a plan**
- 8. Poor time management**
- 9. Using phones or watching TV while studying**

Exercise

- Identify additional effective study habits and explain which ones you use the most.
- Mention other poor study habits that you tend to develop and discuss ways to overcome them.