



## CONTENTS

### THE 42ND INTERNATIONAL ONLINE TEACHERS SOCIETY ESSAY CONTEST

HABIT I BEATING BAD HABIT I Patrina Kaye Nartea Caceres I	2
HABIT I POWERHOUSE OF HABIT CHANGE I Marian Baltazar I	3
HABIT I HABIT - AN EMOTIONAL CRUTCH I Marian Baltazar I	4
HABIT I GOOD HABITS VERSUS BAD HABITS I Alex C. Badion I	5
HABIT I OLD HABITS DIE HARD I Kathlyn Barrozo I	6
HABIT I KEEP WHAT'S GOOD IN, KICK GARBAGE OUT I Kathlyn Barrozo I	7
HABIT I FORMING EFFECTIVE STUDY HABITS I Kathlyn Barrozo I	8