



## FORMING EFFECTIVE STUDY HABITS

Kathlyn Q. Barrozo  
Class of 1991, University of Santo Tomas  
B.S. Medical Technology

The importance of forming good study habits can never be questioned. Good study habits encourage students to genuinely love the task of studying, so much so that studying ceases to be a tedious chore all at once. When students develop great habits in studying, they are assured of reaping the fruits of such during examinations and recitations.

Cramming never helped anybody in remarkable degrees. It could prove to be an immediate remedy, but crammers often find that what they force their brains to absorb in one sitting gets easily forgotten the next day. Thus, the purpose of learning things thoroughly is utterly defeated, especially when what has been crammed proves to be useless when examinations come. How many times have we crammed on rosters of facts, only to find out that the examinations are in situational format rather than in enumeration form? Of what good is all the cramming we did barely hours before?

Suggestions which can help students in forming good study habits abound.

The student should always set a positive mood for studying. It won't do to have to sit through the entire study process scowling at the pages before you and wishing you were somewhere else but. One of my high school teachers told us to smile when we opened our books and notebooks, try to visualize the good things that could come if we used the study period effectively. Good grades are a great incentive, but one should not study only to get those. Grades are just quantifications of what we learn, but how much we learn lies in the degree of practice and application we are eventually able to do.

Always schedule a time that you consider to be the most productive for studying. If you need time for a power nap after coming home from school, then by all means take that. It would be futile to try to study when you feel all drowsy. But set your alarm clock to a time when you can optimally study. Some people prefer to do their studying early in the morning, so they make sure they get enough sleep at night to be able to wake up fresh when dawn comes.

Find a space that has few or no distractions of whatever type?away from the TV set, from siblings playing in the background, and most especially, from the bed. One of my college teachers said, "The bed is the root of all evil." She definitely hadn't meant this to be a sexually-suggestive remark because we were talking about effective study habits. The Soft Bed + the Electric Fan or Air Conditioner + the Quiet of the Night = Restful Sleep. Kiss your grades goodbye, kiddo!

## QUESTIONS FOR DISCUSSION:

1. Do you believe you have good study habits? Why or why not?
2. How helpful are good study habits to fulfilling school requirements and passing exams?
3. If you had to change a specific study habit you had, what would it be? Why would you change it?
4. How would you train your own children to develop effective study habits?
5. Is there any particular person you admire for their study habits? What makes this person admirable?