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Effective study habits for academic success

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Annotation. Effective study habits are crucial for achieving academic success, as they foster a conducive learning environment and enhance information retention. This paper explores various strategies that contribute to effective studying and some barriers which cause ineffective learning strategies. Emphasizing the importance of goal setting and self-assessment, the study highlights how tailored approaches can cater to individual learning styles. By synthesizing current research and practical applications, this work aims to provide students with actionable insights to optimize their study practices, ultimately leading to improved academic performance and greater confidence in their educational pursuits.

Key words: *time-management, self-assessment, academic achievement, note-taking, strategies, learning habits*

Introduction. Have you ever felt that your study habits are not as good as they should be? Are you having trouble retaining what you learn in class or your current study schedule just does not seem to be working for you? The study methods that helped you succeed in high school will not always be effective once you enter the university. Therefore, you will get to know the necessary and beneficial habits for today's youth. In order to be successful, the student must first not skip the classes.

Sometimes students do not have the courage to communicate with the teacher. Shame, fear and other similar feelings can cause person's defeat. You can take advantage of this interactive learning environment by asking questions during or after class, where you can get immediate feedback.

Academic success is an important component of the constellation variables affecting student achievement. Also, it has a major impact on education, especially by serves as a practical method of evaluating the academic

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achievements of the students. The effect of students' good study habits completing their tasks, fully participating in class, time management, focus and hard work - significantly improved their academic performance achievement.

An important factor in the growth of knowledge and understanding is learning habits. A person's study habits determine how much they want to learn, how far they want to go, and how much money they want to earn. It could be identified during all of this the progress of a person's life with the help of reading habits.

Study habits are referred to be a person's regular behavior or habitual activities in order to better study and learn. Finding a quiet place to study, taking breaks, creating goals, and taking practice exams are all examples of good study habits.

In order to avoid having problems with time management and poor academic achievement, students should be conscious of time with this problem the following research question raised.

Parents send their children to school to learn. Children at school are exposed to a variety of experiences that influence their behavior. Therefore, learning is a change in behavior. Such a change is visible their mental reasoning, physical growth, manipulative abilities and develop values and interests. Change can be easy or difficult depending on the home and school environment.

Studying presents students with challenges in many forms. Some students are eager to learn but may not know the strategies effective learning. The planned program of learning is a good strategy to encourage students to explore and ask questions and solving the problems they face.

As we all know that adolescence is a turbulent stage of growth and students tend to make more mistakes if they are not supervised directed. A good plan is necessary for studying and students need to learn use their time for the benefit of the school and themselves. A well-planned curriculum gives students the freedom to pursue their interests in school subjects and such freedom brings develop their personality. During this study period, individuality is developed and recognized.

Discussion. Academic success depends on adopting effective study habits. Start by creating a dedicated learning environment free of distractions. Establish a consistent routine to train your brain to work on purpose. Break tasks down into manageable chunks using techniques like the pomodoro method to boost concentration. Actively engage with the material through note-taking, summarizing, and self-checking. It includes different learning methods such as visual aids and discussions to meet different learning styles. Regular review of previously learned content helps to consolidate knowledge. Finally, one should

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seek support through peer study groups or academic resources when needed. By embracing these habits, students are on the path to sustained academic success and a more enriching learning experience.

Conclusion. Effective study habits at school are the result of a good guidance and counseling program. Well-oriented and well-counseled students are result-oriented and perform well in all tests and examinations. Forming an effective study habit creates awareness for regular and sustained learning. Developing effective study habits is critical to academic success. By implementing strategies such as creating a structured study schedule, setting clear goals, using active learning methods, and asking for help when needed, students maximize their learning potential. You can improve and achieve their academic goals. Remember that building effective study habits requires dedication, consistency, and a willingness to adapt and learn from experience with the right approach and mindset, every student has the potential to excel academically and reach their full potential.

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