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### How to Improve your Study Habits

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# How to Improve your Study Habits

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# Goals:

The topic that I chose is how to improve study habits, most incoming students struggle with having good study habits as I did when I came to school. In the article *What Sets College “Thrivers” and “Divers” Apart* which is a research paper from several economics' professors studying study habits; They discuss what makes students succeed or fail in school. According to the article some of the things that makes someone a “Diver”, or an underperforming student were “poor time management and very little time spent studying are most associated with poor academic performance. Divers also report feeling more depressed and unhappy with their lives”. Beattie, G., Laliberté, J.-W. P., Michaud-Leclerc, C., & Oreopoulos, P. (2019) Students also struggle most commonly with procrastination, according to the article *What do students struggle with most*. “From the students we surveyed, 70% reported having a hard time putting aside fun activities to get work done and over half (52%) said that they tend to “live in the moment,” which on the surface may not seem like a bad thing but is typically the kind of thinking that fuels procrastination”. Potts, S. (2022) For this reason, I wanted to educate my students on good study habits so they wouldn't fall into the same pitfalls as myself and many other college students. Good study habits are the base to success in school and will help a student in school as well as in life.

# Methods used to engage the class:

## Materials and Activities:

- My materials included: a PowerPoint, an online quiz, and 2 journaling exercises
- My activities included: 2 one-minute journals, group work, a quiz, and an informal lecture

## Strategies to engage students:

- The PowerPoint was used to make the lecture more interactive and to keep students' attention.
- I used questions to keep students focused and engaged as I moved through the lesson.
- The quiz was used to review the information that we discussed in the lecture.
- At the beginning and end of the class the students did journaling exercises for critical thinking and goal planning.

# How Active Learning Techniques were Applied:

- At the beginning of class I had students do a journaling exercise to prepare for the class. I asked them “What habits do you have right now that improve your time studying or doing work? What habits do you have right now that interfere with your time studying and doing work?”. The class gave a variety of answers the most common being poor time management and procrastination which go hand in hand. I created my presentation to help give students strategies and solutions to fix these problems.
- During the lesson I asked how many people feel confident in their study skills for upcoming finals and only 2-3 people raised their hands. This showed me that a majority of the class, like many students are unconfident when it comes to studying. This gave me the opportunity to point out how many people struggle with studying but also how it can be practiced and made easier, and to give them some resources like The Learning Center to help. This helped them learn that they are not alone in this and there are places and strategies that you can do to help.

## How Active Learning Techniques were Applied: Cont.

- I used a virtual quiz after my informal lecture to engage the students actively and have them think back and review all the information we covered. Students were quizzed on different situations and had to choose the appropriate response based in good study habits. This helped the students learn by giving them a more interactive medium to learn from as well as real life examples to the concepts we discussed.
- After my lecture I had my students do another journaling exercise to reflect on the lesson and set goals. They were asked to “Write down 5 things that they were going to add to their study regimens to improve their studying. Then write down 5 things that they were going improve upon in their study routines to make them more effective.” These questions were designed to create achievable goals that the students can reach over time that will ultimately improve their academic performance.

## Worksheets:

- The worksheets that I used came in the form of two journal entries:
  - The first entry was to reflect on their current habits and see how many positive and negative habits they had already formed.
    - “What habits do you have that improve the quality of your studying/work? What habits do you have that interfere with the quality of your work?”
  - The second entry was to again reflect on their current habits however, this time it was to find habits that they could change and add to their studying to make them more successful.
    - “What are 5 habits that you are going to add to your studying to make you more successful? What are 5 habits that you are going to improve on to make you more successful?”

# Teaching Assistants Reflection:

I was hoping that my class would respond well to the presentation, and I think I achieved my goal. Everyone was actively engaged throughout the class and during group work. It seemed as though I inspired at least a few of my students to change some of their study habits especially coming into finals. They all walked out with a list of goals and skills to work on and achieve which I hope will help them in the long run. I undermined myself by not being confident in the online quiz that I made which is something that I'm going to work at in the future and be proud of the things I do even if I must admit some mistakes when they happen. Many college students myself included struggle adjusting to college. New students have to adjust to a new workload, lack of accountability, lack of supervision, and a general sense of freedom that many people aren't used to. This is a perfect storm for blowing off work and classes which results in many new students not doing well. I wanted to be able to try and help at least my small group of students not fall into the same mistakes so many students make. I think that through my presentation I was able to open some of my student's eyes to new ways of achieving success.



# Student Reflection:

- My students had several common areas that they said they were going to improve in or add to be more successful.
  - The top responses were:
    - Procrastination especially with larger projects like essays.
    - Time management when loaded down with multiple assignments.
    - Treating their bodies better with things like exercising, self care, and better eating habits.
    - Sleeping more especially the night before large tests like finals to be more rested and focused.
    - Giving themselves breaks while studying to be more productive and to be able to study for longer.
    - Breaking up big assignments into more manageable chunks of time.
    - Every student had their own personal choices for things to fix and add, but these were the most common overlapping responses.

# Citations

Beattie, G., Laliberté, J.-W. P., Michaud-Leclerc, C., & Oreopoulos, P. (2019). What sets college thrivers and divers apart? A contrast in study habits, attitudes, and mental health. *Economics Letters*, *178*, 50–53.

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Potts, S. (2022). What College Students Struggle with Most (and what you can do to help). Retrieved 5 December 2022, from <https://www.beyondbooksmart.com/executive-functioning-strategies-blog/what-college-students-struggle-with-most-and-what-you-can-do-to-help>