

Students Habits Vs Academic Performance

≡ GENDER All

≡ DIET QUALITY All

≡ INTERNET QUALITY All

≡ EXTRACURRICULAR ACT. All

Key insights

- Study time had the biggest impact on the grades.
- Netflix and Social media usage had negative effects.
- Students with better mental health score 10+ points higher.
- Students with higher screen time had lower grades.

Recommendations

- Encourage students to maintain adequate study hours and mental health support.
- Promote more use of academic screen time (e.g research, learning platforms)

AVG. GRADES

69.6

AVG. SLEEP HOURS

6.47

AVG. STUDY HRS

3.55

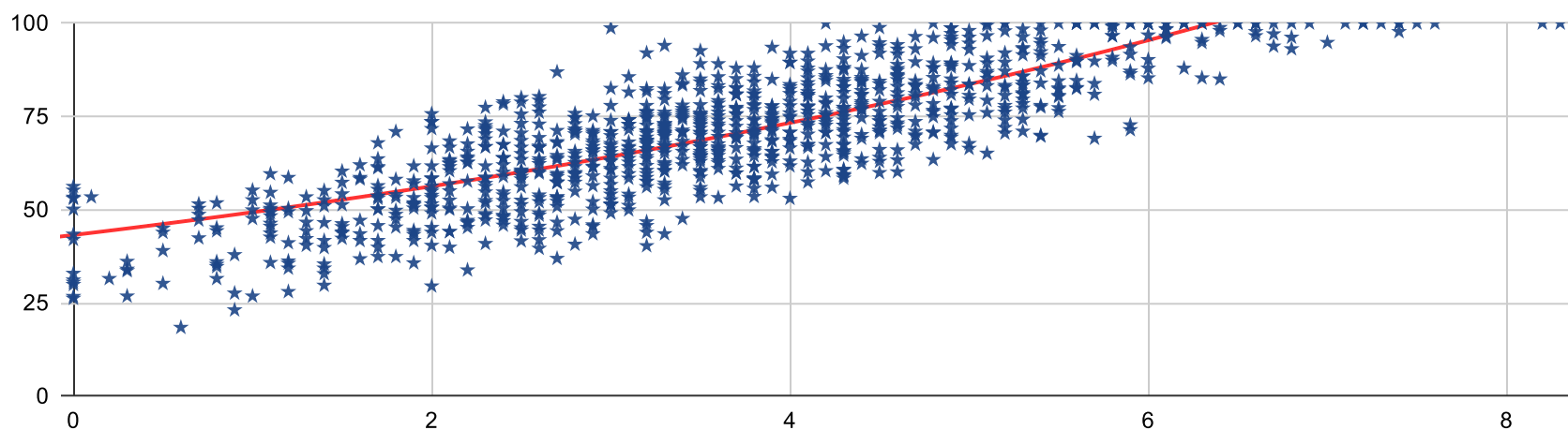
AVG. MENTL HEALTH

5.44

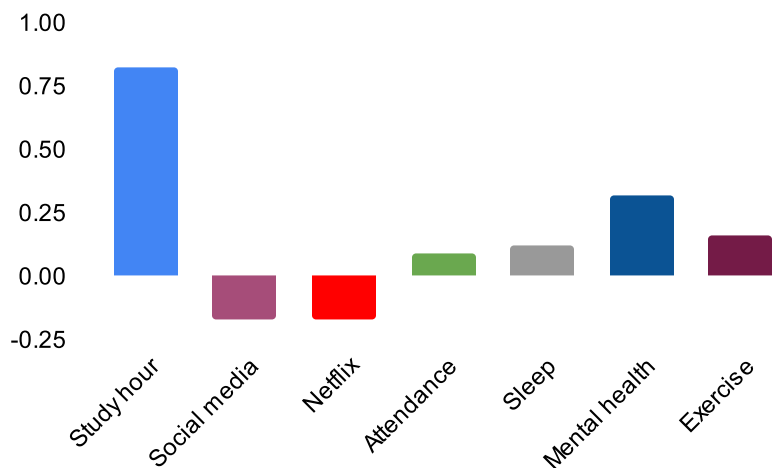
STUDENT CT.

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STUDY TIME VS EXAM CORES



PERFORMANCE OF GRADES BY HABITS



PERFORMANCE OF GRADE BY MENTAL HEALTH

