




STUDY HABITS AND VALUES

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Values in Studying

- **Description:** This subtopic explores the fundamental values that should guide the learning process and how these values contribute to more ethical and effective studying.
- **Key Points:**
- **Discipline and Perseverance:** The importance of maintaining commitment and motivation, even in difficult times.
- **Academic Honesty:** How integrity and honesty in studying positively impact learning and personal credibility.
- **Personal Responsibility:** The importance of taking responsibility for one's own learning and academic development.



Effective Study Techniques

- **Description:** This subtopic focuses on specific methods that can improve study efficiency and retention. It includes practical strategies and tools that students can use.
- **Key Points:**
- **Pomodoro Technique:** Time management techniques to enhance concentration and productivity.
- **Mind Maps and Diagrams:** Visualizing information for better understanding and memorization.
- **Self-Assessments and Practice Tests:** Ways to self-evaluate to identify strengths and areas for improvement.



Time Management

- **Description:** This subtopic covers the planning and organization of study time, highlighting the importance of good time management to avoid stress and burnout.
- **Key Points:**
- **Weekly and Daily Planning:** How to create and follow an effective study schedule.
- **Task Prioritization:** Techniques to identify and focus on the most important and urgent tasks.
- **Balance Between Study and Rest:** The importance of incorporating breaks and recreational activities to maintain mental and physical health.



¿Cómo describirías tu organización de estudio actual en comparación con la de hace cinco años?

- a) Más organizada
- b) Igual
- c) Menos organizada

¿Cuál es tu principal método de estudio actual y cómo se compara con el método que utilizabas antes?

- a) Uso más técnicas modernas (ej. Pomodoro, aplicaciones de estudio)
- b) Uso técnicas tradicionales (ej. subrayar, resúmenes en papel)
- c) No he cambiado mis métodos de estudio

¿Cómo ha cambiado tu manejo del tiempo de estudio en comparación con antes?

- a) Ahora soy mejor administrando mi tiempo
- b) No ha cambiado
- c) Ahora soy peor administrando mi tiempo



¿Qué importancia le das a los descansos y al equilibrio entre estudio y ocio ahora en comparación con antes?

- a) Más importante
- b) Igual de importante
- c) Menos importante

¿Crees que tu nivel de disciplina en los estudios ha cambiado en comparación con antes?

- a) Más disciplinado/a
- b) Igual
- c) Menos disciplinado/a

¿Cómo valoras tu honestidad académica ahora en comparación con hace cinco años?

- a) Más honesto/a
- b) Igual
- c) Menos honesto/a



¿Cómo ha cambiado tu actitud hacia la responsabilidad personal en el aprendizaje en comparación con antes?

- a) Más responsable
- b) Igual de responsable
- c) Menos responsable



Tips and recommendations

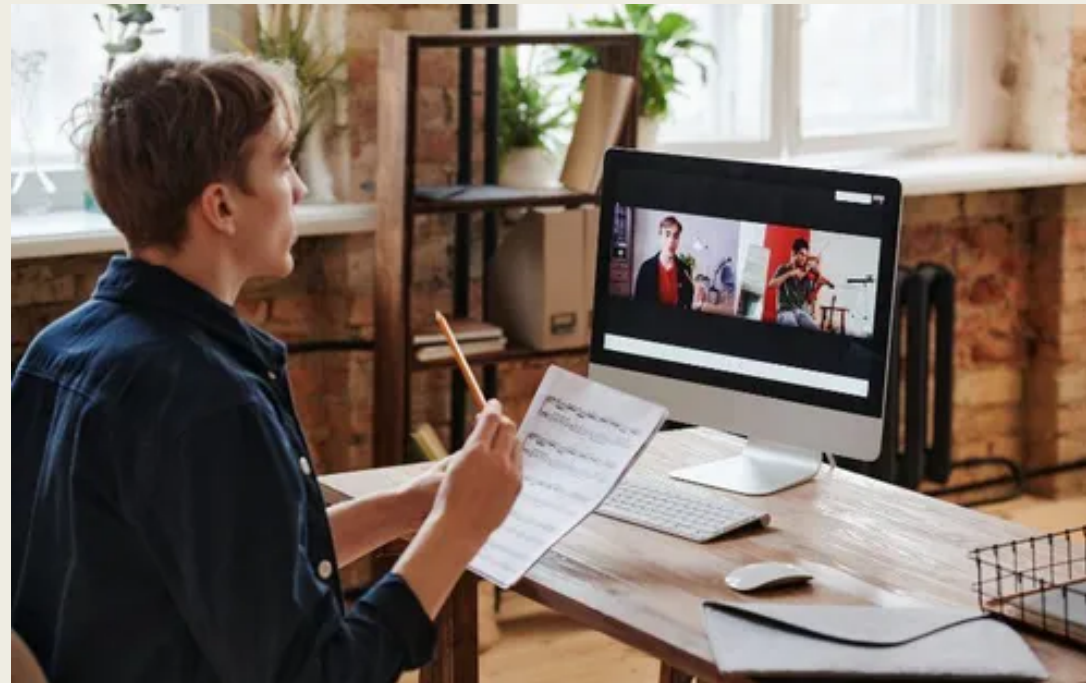
- **Organización de estudio:**
 - You should be more organized to improve your study efficiency.
 - You shouldn't allow yourself to be less organized than before.
- **Métodos de estudio:**
 - You ought to consider using more modern techniques like the Pomodoro method or study apps to enhance your effectiveness.
 - You needn't change your study methods if they are still effective for you.
- **Manejo del tiempo de estudio:**
 - You should strive to improve your time management skills to be more productive.
 - You needn't become worse at managing your study time; strive to maintain or improve your current level.



- **Descansos y equilibrio entre estudio y ocio:**
- You should prioritize taking breaks and maintaining a healthy balance between study and leisure to avoid burnout.
- You needn't underestimate the importance of breaks and balance; they are crucial for your overall well-being.
- **Disciplina en los estudios:**
- You should work on being more disciplined in your studies to achieve your academic goals.
- You needn't be less disciplined than before in your study approach; maintain or increase your current level.
- **Honestidad académica:**
- You ought to maintain or increase your level of academic honesty compared to five years ago.
- You needn't compromise your academic honesty; continue to act ethically and honestly in your studies.



- **Responsabilidad personal en el aprendizaje:**
- You should take more personal responsibility for your learning to achieve your educational objectives.
- You needn't be less responsible in your learning approach; maintain or strengthen your current level of responsibility.



Conclusion

The comparison of study habits and values over time reveals significant changes in organization, time management, academic discipline, and personal responsibility. It is crucial to adapt modern study methods and maintain a balance between study and rest to enhance efficiency and prevent burnout. Academic integrity and discipline remain essential pillars for long-term educational success. Reflecting on these aspects allows us to continually adjust and improve our study habits to maximize academic performance.

