

LIFESTYLE vs LEARNING

How Daily Habits Affect Student Performance



by

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April 24, 2025

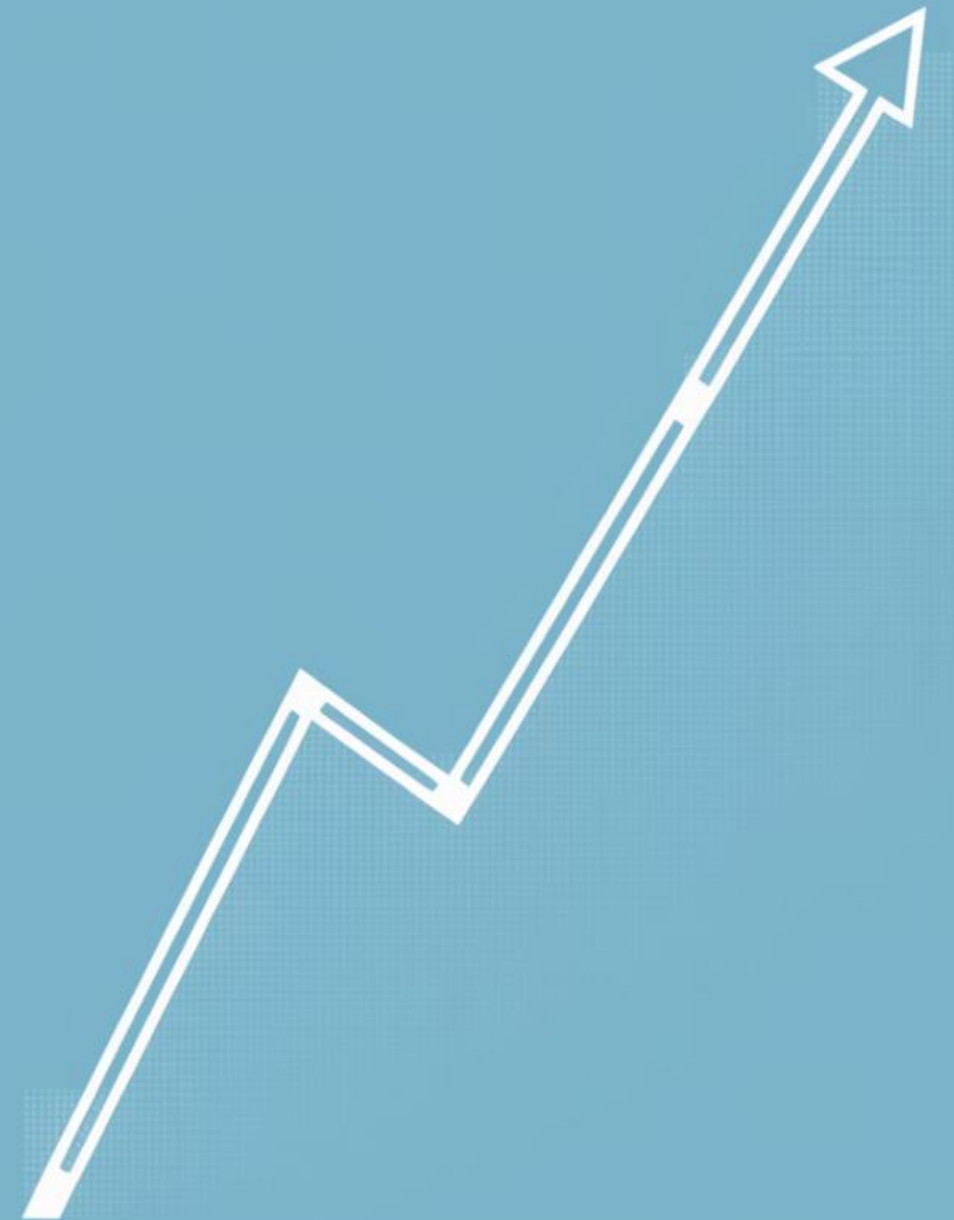
OBJECTIVE

- To understand how students' daily lifestyle choices impact their academic performance.
- To identify which habits are linked to better grades.
- To suggest simple changes students can make for academic improvement.



DATASET OVERVIEW

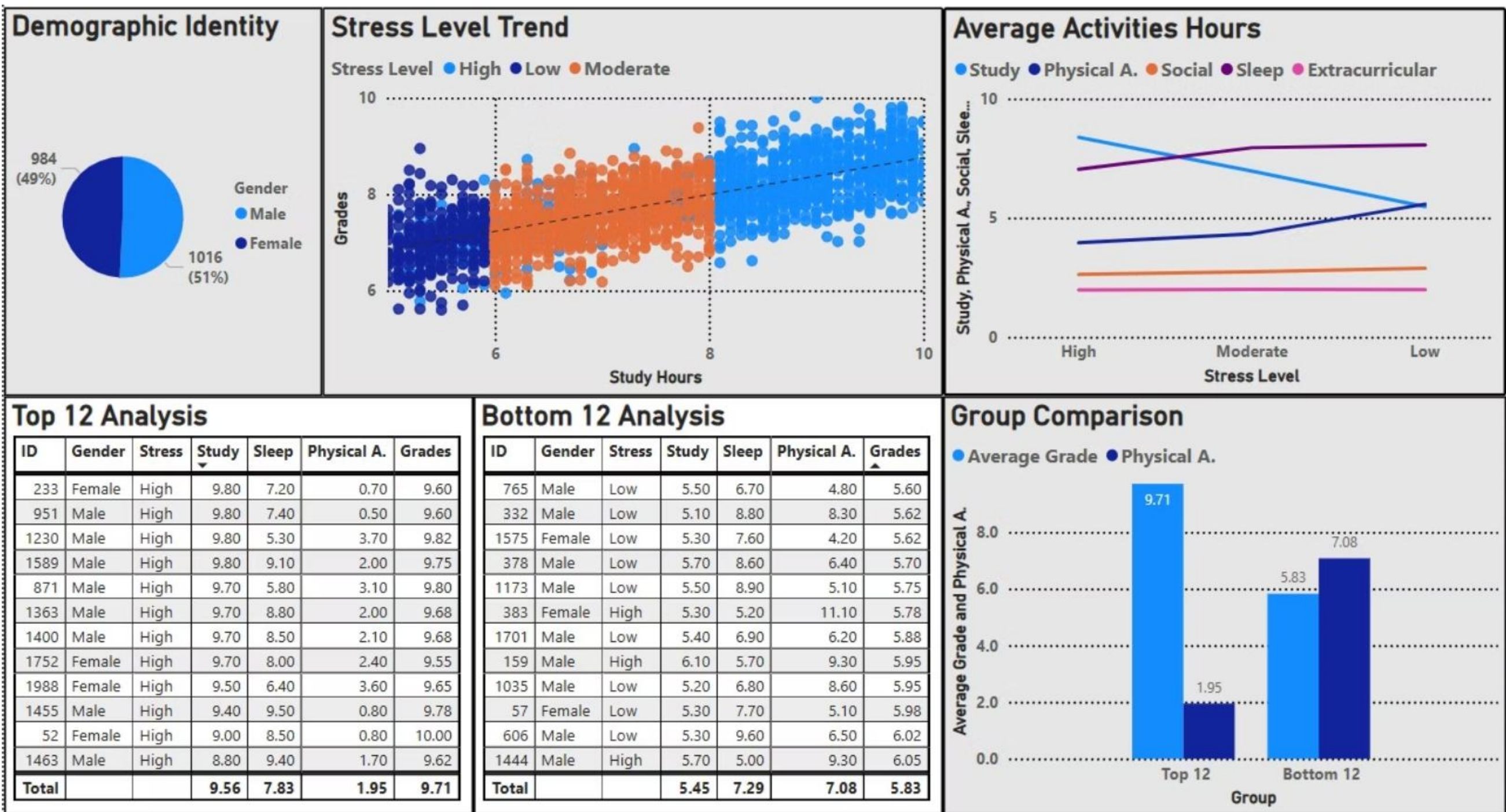
- **Source:** [Student Lifestyle Dataset on Kaggle](#)
- **Total Students:** 2,000
- **Data collected on:** Study habits, sleep, social time, physical activity, stress level, and stress level, and grades.



UNDERSTANDING THE COLUMNS

- **Gender:** Male or Female
- **Stress Level:** High, Moderate, or Low
- **Study Hours:** Average study time per day
- **Sleep Hours:** Average sleep time per day
- **Physical Activity Hours:** Time spent on bodily movement such as walking, commuting, chores, exercise, or part-time work outside school.
- **Social Hours:** Time spent socializing
- **Extracurricular Hours:** Time spent in school-sponsored activities outside regular studies, such as volunteering, clubs, or sports.
- **Grades:** Academic score (0 - 10 scale)

WHAT THE DATA TELLS US: LIFESTYLE vs LEARNING



More Study = Better Grades

The data clearly shows a strong relationship between study time and academic performance:

Top Performers

9.6

Study Hours

Daily average

9.7

Average Score

On 10-point scale

Lower Performers

5.5

Study Hours

Daily average

5.8

Average Score

On 10-point scale

The comparison shows how daily study habits directly impact academic results between top and lower performing students.

Simple Message: Study more, score more.

Physical Activity Trade-off

- Bottom performers engage more physically (~7 hours/day)
- Top students engaged less physically (~2 hours/day)
- **Interpretation:** Balance is key. Too much activity may reduce study time.



Stress vs. Performance

How stress and sleep impact academic achievement:

Stress Impact

Stress levels varied across students but did not directly correlate with sleep.

Sleep Patterns

Top students had slightly more sleep on average (~7.83 hours) than bottom students (~7.29 hours).

Key Insight

Effective time use may support lower stress and better performance more than sleep alone.

Recommendation Summary

- Increase study hours to improve performance (Top performers averaged ~9.5 hours/day)
- Balance physical activity to avoid overcommitment (Top performers averaged ~2 hours/day)
- Avoid overloading your schedule to maintain academic focus



Thank you for your attention

Any Questions ?