

# ACADEMIC ATOMIC HABITS



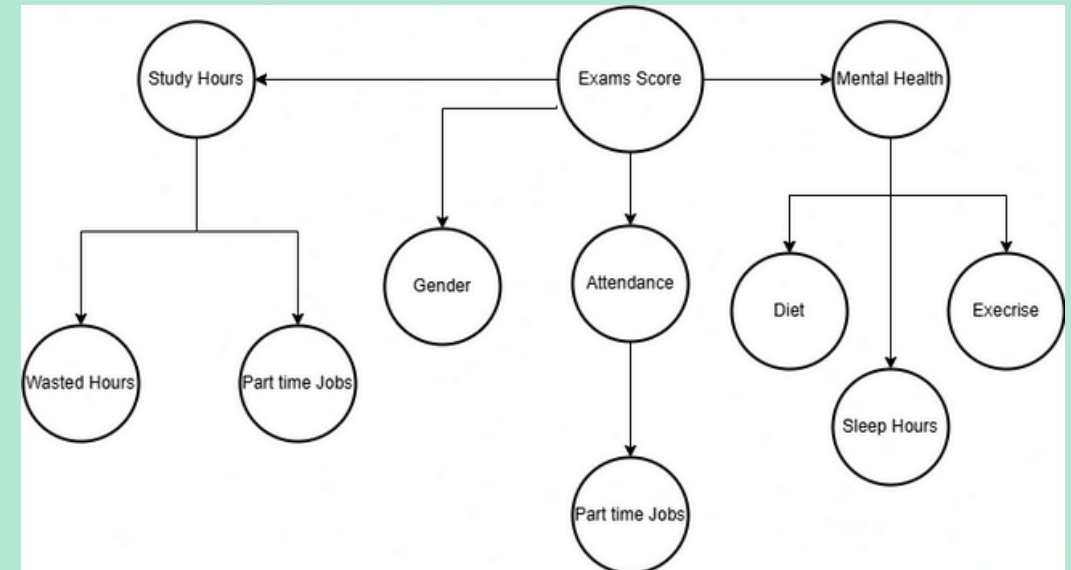
Patrick Boules 23-101185  
Hamdy Mady 23-101232  
Omar AboElNaga 23-101149  
Youssef Ashour 23-101046

## Introduction

Student academic performance is influenced by a wide range of lifestyle and environmental variables. Understanding which factors contribute most significantly to performance can help educators and institutions tailor interventions that improve learning outcomes. This report explores the academic performance of students and its relationship to various lifestyle factors.

## Hypothesis

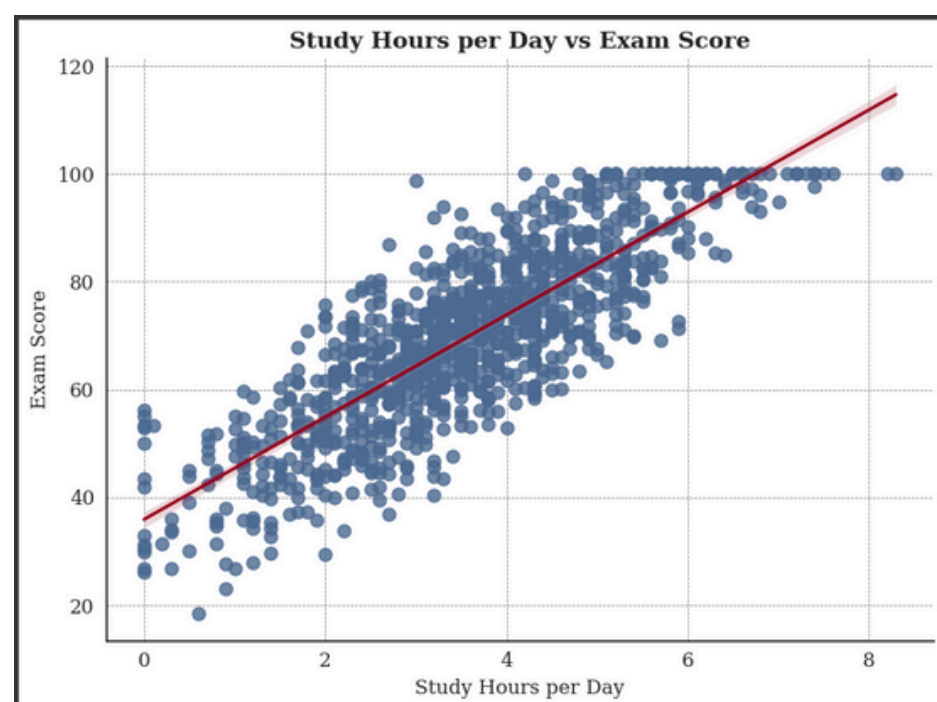
There are 3 main factors that affect academic success performance and how there are sub factors that affect them.



## Study Hours

$H_0$ : There is no correlation between study hours and exam grades.

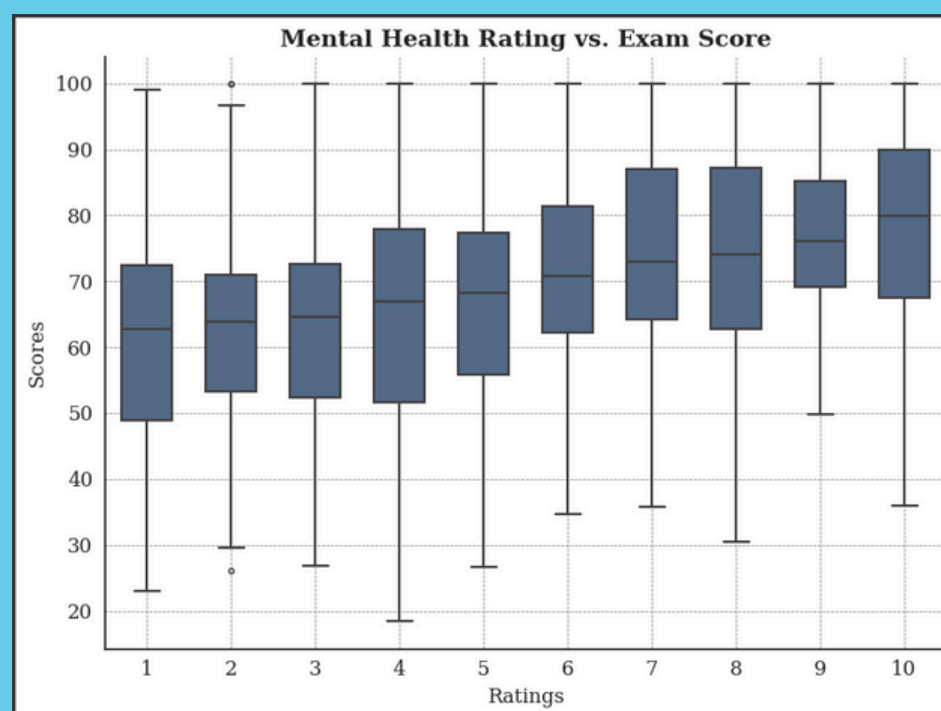
$H_1$ : There is a positive correlation between study hours and exam grades.



## Mental Health

$H_0$ : There is no correlation between mental health rating and exam score.

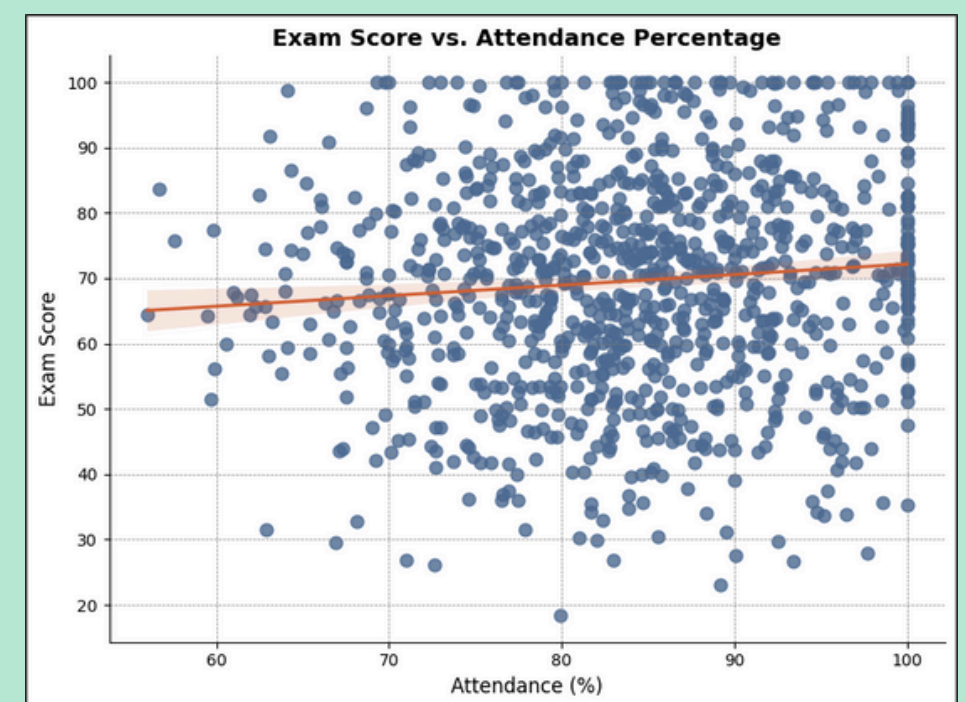
$H_1$ : Mental health rating is positively correlated with exam score.



## Attendance

$H_0$ : There is no correlation between attendance percentage and exam grades.

$H_1$ : There is a positive correlation between attendance percentage and exam grades.



## Analysis Reached

After Analyzing the 3 main factors that affect exam scores which are study hours, mental health and attendance and found their significance. Here are the results reached:

- There is a huge positive correlation between number of study hours and exam scores
- There is small positive correlation between mental health rating and exam scores
- There is small positive correlation between attendance percentage and exam scores

The next step, we analyzed what are logical factors that could affect each one of the main factors and to see if they are dependent or independent factors.

### 1. Study Hours:

- a. Study hours VS Wasted hours: although there is no correlation between study hours yet wasted time has a negative correlation with exam scores
- b. Study hours VS Part-time Jobs: There is no correlation between study hours and part time jobs, similarly there is no correlation between part-time and exam scores.

### 2. Mental Health:

- a. Mental health VS Diet Food: There is no significance difference and similarly there is no significance difference between Diet and Exam scores.
- b. Mental health VS Exercise Frequency: There is no correlation between mental health and exercise frequency, yet there is small positive correlation between exercise frequency and exam scores.
- c. Mental health VS Sleep Hours: There is no correlation between mental health and sleep hours yet there is a positive correlation between sleep hours and exam scores.

### 3. Attendance:

- a. Attendance VS Part-Time Job: there is no significant difference, similarly there is no correlation between part-time and exam scores.