

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

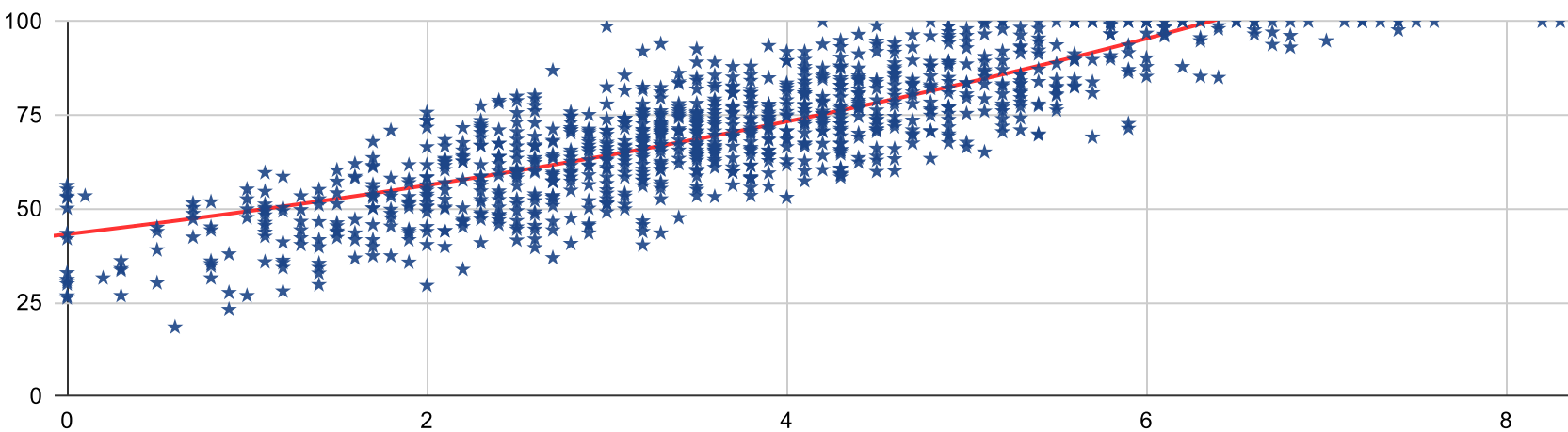
AVG. MENTL HEALTH

5.44

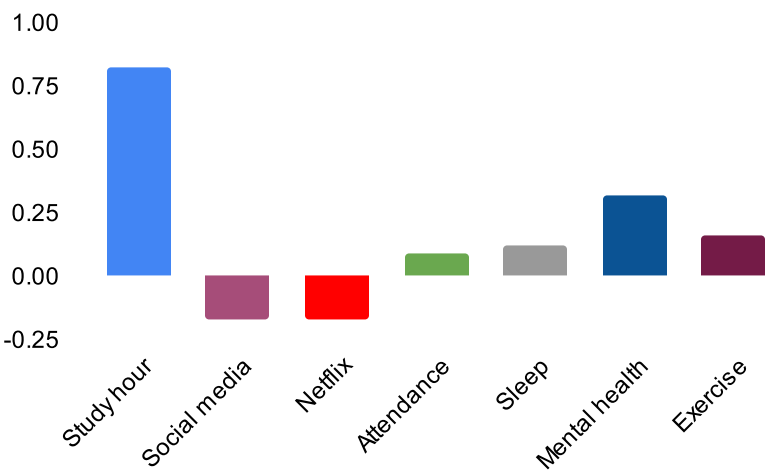
STUDENT CT.

1,000

STUDY TIME VS EXAM CORES



PERFORMANCE OF GRADES BY HABITS



PERFORMANCE OF GRADE BY MENTAL HEALTH

