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**“STUDYSTREAK: ENCOURAGING THE STUDENTS OF UNIVERSIDAD DE MANILA TO TRACK AND ELEVATE ACADEMIC HABITS”**

**Submitted by:**

Botones, Louise A.

Miasco, Jhon Carl V.

Paaño, Brando Gabrielle J.

Reapor, Marc Clarence B.

Valenzuela, Jovert III B.

**Submitted to:**

Prof. Bernard Mendiola

**CHAPTER I**

**INTRODUCTION**

Students frequently find themselves balancing a variety of duties in the fast-paced world of academia, from extracurricular activities to academics, all while attempting to maintain a healthy work-life balance. But juggling all of these responsibilities can be exhausting, which can result in stress, inefficiency, and poor academic results. With the advent of technology, educators and scholars have increasingly turned to technology-driven solutions to empower students in developing healthy practices and routines, realizing the essential role that habits play in determining student achievement. Student habit tracking systems are one of these options that stands out as a potentially useful tool for helping students become more self-aware, accountable, and goal-oriented. This study aims to provide insightful information to educators, administrators, and stakeholders who are interested in using student habit tracking systems as throttles for academic achievement and all-around student development. This study tries to add to the continuing conversation on educational technology and the students' well-being in the modern age by providing a fine distinction on examination of this creative approach to student support.

With the help of technology, the researchers were able to develop a system that helps students keep track of their studying habits while improving the student’s own habits. This system, namely, “StudyStreak” provides users with an easy to understand user interface that has a habit tracker and calendar to help students manage and organize their day-to-day activities. This helps student awareness and will improve efficiency. To keep things captivating, the researchers will employ gamification and rewarding methods to keep the students engaged and provide them with a way to keep on improving with their habits and keep up with their schedule. The system will also provide notifications and reminders that keep students active with their studies. Utilizing the convenience of technology will provide the students with modern innovations to bridge the gap from the traditional ways of studying to a modern environment with the skills and tools necessary to thrive in today's rapidly changing society. This study will help benefit and encourage students journeying through their academic careers as it gives them a definitive outlook on their progress.

The system’s primary targets are the students of Universidad de Manila, both senior high and college parties, who are currently wanting to improve their studying ways and those who want to find a way to keep track of their activities and studies. Offering assistance to a wide range of strands and courses, “StudyStreak” aims to provide ways for students to expand on their academics. Moreover, not only benefit the students, but also the educators and those working on the project themselves, and its stakeholders. It will provide key information as to how it will provide a better experience for the student’s development following their career. All in all, the goal is to provide the students with a convincing experience that will help them with their academical journey.

**PROJECT CONTEXT**

The main clients of this research will mainly be the students themselves. As it is a system developed by students for students. The researchers aim to assist the students of Universidad de Manila in their endeavors to pursue their futures. The researchers then ran a survey to identify upcoming problems to assess with the developing system. The results of the survey are as follows; 57.1% of students do daily studying and 90.9% of students are often distracted whilst studying. From this, we can infer that these students lack the motivation to study stemming from inability to focus. Furthermore, 95.5% of students are more productive at particular times of the day. Suggesting possible inadequacies in the usage and organization of time. Approximately 68.2% of students have trouble keeping up with classes, and 77.3% of students have difficulty with keeping a proper studying schedule. This leads us to conclude that students have difficulty with time management and organization of their workload to the point that it adds additional stress to the students. Moreover, 77.3% of students choose to prioritize certain tasks above others, it raises the possibility of difficulty in juggling conflicting demands and dividing up time wisely among multiple projects. Students could have trouble judging which assignments are the most crucial or urgent, which could cause imbalances in the distribution of the workload and lower productivity overall. Taken together, these results demonstrate the urgent need for a student habit tracking system that tackles these issues and helps students meet their academic goals by helping them create productive study habits and organize their time well. This survey is an essential first step towards learning about the unique requirements, preferences, and problems faced by the student population. The goal of incorporating students in the research process is to create a customized solution that speaks to their experiences and gives them the resources they need to excel in their studies. The researchers hope to construct a system that helps students learn and develop over the long term in addition to meeting their current needs.

**GENERAL PROBLEM**

How can the researchers convince the students to consistently use our system? Essentially, anyone would be willing to try out a new tracker app for the first time, the question is, how can we make them still use it much like other popular tracker apps. Tracker apps or systems are nothing new, they’ve been utilized by many to keep record on their daily goals. It offers an objective outlook on good and bad habits that people develop. The researcher’s system is no different of course.

Whenever a student looks for an app to keep track of their academics and habits, what kind of app would meet their demands and provide them with a unique and relaxing experience that doesn’t need much skill to navigate and understand the user interface all the while providing of ways to elevate academic habits.

**SPECIFIC PROBLEM/S**

* What is the incentive for these students to keep on using the app?
* The researchers would need to think of a reason why the students should even utilize the system in the first place. Obviously, the “studying” aspect of this system is a given and not enough of a reason for future users to even consider utilizing the system. As a result, it's critical to learn more about what motivates students and how the system can support their larger needs and goals.
* If they’ve already adapted a way to effectively study, why should they keep the app in the first place?
* The system would have to provide the students with more options to explore with their studying habits. Keeping it in a simple and easy to understand manner for optimal experience.
* What makes this system unique compared to other tracking apps?
* In order to make the system stand out from the rest, the researchers require a large quantity of feedback and data to provide a system that would cater to the user’s tastes. Not only that, it would also need to have its own striking features that differentiate it from the rest. This is all to ensure that the user would have a comfortable and unique experience while using the system.

According to survey data, there are a number of common problems, such as distractions, a lack of desire, and trouble setting priorities and managing time. The system will include tools including a task scheduling calendar, a progress tracker, and an incentive system to help with these. The specific issue at hand, though, is maintaining constant user involvement while setting oneself apart from other tracking applications. The difficulty lies in establishing the system's distinct value proposition in a crowded market of tracking apps and in offering strong incentives for continuing use, particularly when early academic goals are met. The researchers are also aware that the evolution of technology, more specifically A.I. or Artificial Intelligence has resulted in the students’ refusal or the decline in their urge to study. In comparison to before we had ChatGPT, we would need to research the answer from multiple sources and maybe even have to study them. Now that we have ChatGPT, we can simply type the question and it will give you the answer just then and there. Even Google is using an “Experimental A.I.” where instead of giving you the top result for whatever you searched for, it will give you an answer directly, similar to ChatGPT.

**PURPOSE OF THE PROJECT**

The researchers’ aim to identify on how a study habit tracker would affect the students’ academic performances. The nature of this research would also approach on how technology would come into play when it comes to their studies. In order to properly and efficiently approach the manner, the researchers have identified several problems that come with making a system such as this. A tracker like such would only be eye-catching for the few first times, over time, the students would lose interest in the system because of lack of consistent user engagement. Moreover, students may become too overly dependent on the system. Although habit trackers are designed to help students build new habits, some students may find it difficult to do so even after utilizing the system. Lastly, habit trackers need human intervention. Students would need to input their tasks for the habit trackers to monitor their habits and development. Because of this, inaccurate information would undermine the validity of the information gathered.

This paper then proposes the usage of a new system developed by the researchers that identifies and defines different students particular studying habits. It ultimately aims to encourage students to improve their own academic performance. It will set exploration grounds as a tool for supporting students' academic achievement and self-regulated learning by investigating its characteristics, efficiency, and influence on student conduct and results. Through an examination of StudyStreak's features and overall experience, researchers can learn a great deal about how the platform helps students create reliable studying habits.

Which is why, the researchers of the study would implement multidimensional strategies that combines behavioral and technology techniques. To comply with user engagement, a rewarding system will be implemented when students reach certain milestones in their endeavors while using the system. Assist users in conquering typical obstacles to the establishment of habits, like procrastination, forgetfulness, or lack of enthusiasm, by offering practical advice and techniques through the utilization of notifications and reminders. Provide self-reflection and tools for self-evaluation so that users can objectively examine their own development and pinpoint areas in need of improvement.

Researchers could also look into the data analytics and customized feedback that StudyStreak receives to assist students in identifying areas that need work and adjusting their learning methods accordingly. Additionally, the study attempts to evaluate StudyStreak's wider influence on student conduct and results. In addition to qualitative insights from user comments and testimonials, this review may involve analyzing quantitative data on students' usage patterns, habit formation, and academic success measures. Researchers can determine the efficacy of StudyStreak in encouraging beneficial academic habits and student progress by examining the relationships between the platform's usage and academic success markers including grades, attendance, and self-efficacy.

StudyStreak aims to improve or give the student a more effective and enjoyable way to study. The system would include some features that the researchers think would help the student in their journey to start studying. These features are the tracker itself, which would be recording their progress; a calendar, for students to plan out and schedule their tasks and also to have a date on when the student would study since we can’t have the student burnout. We also have a reward system that if they accomplish a certain goal, task, or milestone, they will be rewarded.

**GENERAL OBJECTIVE**

To offer a thorough tracking system for student habits that will enable users to improve their academic performance and develop productive study habits. It seeks to establish an atmosphere that is both empowering and helpful so that users can succeed academically, acquire the necessary skills for success, and form lasting habits that promote learning and personal development.

**SPECIFIC OBJECTIVE/S**

* Equip students with tools for goal setting, enabling them establish clear academic objectives to monitor their academic growth and identify areas for improvement.
* Provide resources for efficient time management, helping students prioritize tasks and allocate study time effectively
* Offer guidance on effective study technique and learning strategies to enhance comprehension and academic performance

**SCOPES AND LIMITATIONS**

**SCOPES**

* Homepage - The System would have a homepage customized for students, that includes a calendar, their schedules, a tracker, and their progress
* Calendar- A calendar would be included in the system for the student to manage their daily schedule and update their agendas
* Schedule - Schedule is included within the homepage to remind student of their subjects
* Tracker - A tracker is featured to be able to keep track of their studying habits, which would be recorded on their progress
* Progress Bar - A progress bar would show their studying habits daily progress. The progress would have a reward system as well, that would give them titles, badge, streaks each time they reach a certain peak.
* Reward System - A reward system would be used for students to appreciate their progress with their habits.
* Studying Techniques (Pomodoro Technique) - Techniques would be readily available to students to educate them to effective studying techniques, to learn about them and to find which fits them effectively.

**LIMITATIONS**

* No cloud services - A cloud service would not be available in our system, and the system would not be able to feature an upload to keep their module files.
* Offline - The system would be fully offline, and would not have any online feature, for students to use the app without using any Wi-Fi or data.
* No automation - The system does not have any automation, and would not be able to adapt to student’s external activities.

With the aim of assisting students in enhancing their academic performance and study habits, the habit tracker will be a user-friendly system with adaptable features such goal-setting tools, time management resources, and study method coaching. By using a rewarding mechanism and offering helpful guidance through notifications and reminders, the tracker will address issues with user engagement and dependency. Students will be able to evaluate their own development objectively with the use of self-reflection techniques. Iterative changes are guided by user feedback. Students will be given a clear standpoint on their goals and habits and be given the opportunity to improve upon them. The researchers will thusly be given feedback on how to improve the system itself to better support the students.