**Title:** Self-E**[FIX]**acy

**I. Intro**

Self-E[FIX]acy is the ultimate guide to your student problems! Focused on improving students' academic performance, this handout is filled with essential, up-to-date information on the importance of self-efficacy and different study habits that helps aid young learners in their scholastic journey. Using data from the research study of its creators, Self-E[FIX]acy aims to shed light on better, more efficient ways to become an outstanding student - all of the useful information, found in the convenience of one interactive website. Familiarize yourself with the curated list of study habits guaranteed to lead to success; take tests and do fun activities to learn about your own self-efficacy and unique learning style; and get personalized tips and tricks to improve your skills and study like a pro. By the end, you’ll be on track to improving your academic performance in no time. With our help, you’ll be ready to [FIX] your self-efficacy!

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**III. Our Mission**

Our mission for this study is to understand the relationship between study habits and self-efficacy, and how these factors affect a student's learning process. By understanding the importance of these factors, we aim to provide insights that can be used as a reference for future research studies on the topic, and ultimately, to help students improve their study habits and academic performance.

**SECTION I - STUDY HABITS**

**A. What are Study Habits?**

Study habits refer to the behaviors, techniques, and strategies that students use to learn and retain information. In addition to this, study habits can also be defined as a type of time management, in which a person dedicates a certain period of time purely for learning.

Here are some examples of study habits:

The Pomodoro technique, a time-management method, suggests breaking down study sessions into 25-minute intervals with short breaks in between to improve focus and productivity.

The technique is indeed one of the effective ways to combat procrastination. It helps students to break down big tasks, projects, or even goals that could be done or finished for the next 25 minutes. It can also help students to be hyper focused on the next, immediate tasks that they must do rather than get overwhelmed by the overall enormity of tasks that they are working on.

The pomodoro technique can help students also to combat distractions. It helps students to resist all self-interruptions and can retrain the brain to focus on the task. It is said that one pomodoro is set only for a specific task and each break is known as a chance to reset and brings one attention back to what they are doing. Lastly, pomodoro technique helps students to become more aware about their time. It will help students to have a clear measurement of their finite time and efforts, allowing them to reflect and plan their days more accurately and efficiently. Pomodoro technique also can gamify students' productivity. Each pomodoro that is done gives an opportunity to improve things that were done last time. Each pomodoro can provide the chance to reevaluate a student's goal, challenge self to focus, and limit distractions. Indeed, developing good study habits via the pomodoro technique can actually help students to develop time management skills. It allows the students to manage their time effectively and do things systematically.

That being said, study habits are more than just time management. As the term suggests, one can hone their study habits by, well, developing certain habits–like reading habits. There are several factors that contribute to developing reading habits, such as a person’s motivation for reading, the environment in which they read, and the type of literature they consume. One way to improve reading habits is by taking notes of what is being read to better digest the information. You can create habits too with enough motivation; form effective study habits by rewarding yourself (treat yourself to a favorite snack, watch a movie, etc.) every time you succeed in your study goals.

Good study habits can help improve academic performance, increase motivation, and reduce stress levels. Having good study habits could improve one’s grade drastically, since having a solid study plan makes for less room for errors; thus, it improves one’s academic performance. Good study habits can also improve the knowledge base of individuals. Instead of skimming through on a certain material, one is required to dig deeper into that material. It's a matter of having a deeper understanding of things rather than just memorizing facts and figures. In fact, research shows that practicing self-testing and effective study time strategies can improve long-term memory retention. For example, people who can strategize which items in their notes should be prioritized for studying in a set period of time are more likely to recall those items from memory over a longer period of time. This can come in handy when preparing for a test; knowing which lessons should be prioritized for studying can increase the chances of passing that test.

Having good study habits can also develop or boost the confidence of individuals or students by giving the feeling that they control their studies and not their studies are controlling them. It can also improve students' performance as well and can give structure to their lives. In this way, good study habits can also reduce their stress.

**B. Recommended Study Habits**

Here are some recommended study habits:

**S**et aside any distractions

* Distractions can make you feel forgetful at times, usually when you get pulled away from what you're doing and lose contact with your intentions, and having to retrace where you left off.
* There is only a lot of information your brain can process at the same time. So, doing two or more tasks requires more brain power than just doing one. In doing academic work, distractions can make you lose your attentiveness.
* In the end, distractions take away productivity and push you to procrastination and loss of capability. You can limit distractions by avoiding or turning them off, planning ahead or practicing meditation. Distraction can also be initiated by physical ailments so make sure to take care of yourself as well by taking breaks or sleeping when you need to.

**T**ake breaks when you need to.

* Overworking, especially in academic set-ups can cause burnout and is harmful against your overall performance. You may end up fighting that tiredness by fighting against it, but you might spend too much time doing that to the point where you become unproductive in your actual work.
* Taking breaks can revitalize the energy you’ve lost and improve your overall mental and physical health. You can take short breaks between study sessions, or simply take a big break before taking your time to study. Make sure to rest moderately, and in appropriate times.

**U**se (active learning) techniques

* Sometimes, doing things the harder way takes away the time we can use for doing other productive things, but doing it in a smarter way not only does the opposite, but also helps us become more advanced, taking in our lessons more efficiently than most.
* Using active learning techniques can help you achieve this. There are a lot of different techniques, including summarizing, note-taking, explaining concepts to others, and taking practice quizzes. This list, in a way, is also a set of techniques. What matters most is that it works efficiently and well for you.

**D**ry-run your quizzes or tests.

* Have you ever been in a situation where you put your heart and soul into studying all night, only to find that most of what you studied isn’t in the actual test? So unfortunately, you’re unfamiliar with everything on it.
* Taking practice tests can give yourself a deeper look into your study gaps that you can fill in until you get everything perfect. Not only that, but you will be more relaxed after expecting the questions, layouts, answering methods, etc… and guarantee yourself a high score.

**Y**ield to a growth mindset

* Having a growth mindset means believing in your ability to learn and improve, and understanding that challenges and failures are opportunities for growth. By contrast, a fixed mindset can limit your potential and hold you back from reaching your goals.

**H**onor yourself.

* Do you ever look at everything you're doing and wonder what it’s all for? It might feel pointless, and you could be more prone to lack of motivation, which causes distraction, losing self-care; becoming self-destructive in general.
* A solution to this is rewarding yourself for your accomplishments. You can even cut your sessions into pieces and reward yourself in between, maybe through resting, a prize, etc… Your brain will associate doing this task to a pleasurable future, through an objective. You’re sharing the pleasure of a promised future to your present self.

**A**dvance-study.

* Procrastination is a very harmful threat to a student. It takes away our ability to do what we need to do in the moment, frustrates and tires us, etc… by the end of it, our work may not be as good as we want it to be; messy.
* Studying in advance can help you efficiently pass you through lessons while also being more organized and productive. You will have more time to do your work in a way that you want to without constraint, and continue to do other things. It’s a way to be relaxed while also accomplishing tasks.

**B**reak goals into smaller, more achievable tasks.

* When your teacher gives you a book to read, they usually don’t tell you to read the whole thing in one sitting; instead, you’re made to read it through chapters. If not, then doing this task would feel impossible and tedious, which gets in the way of concentrating and progressing through it.
* Breaking down goals is like a mixture of rewarding yourself and studying in advance. You would be more mindful in these short bouts of tasks, without the stress of wondering what more you have to do. It feels easier to get to this goal, so it feels rewarding, so you keep going until you finish. You can do this by dividing your time into a few minutes, or simply making a to-do-list/schedule.

**I**ntend your schedule.

* At some point in your school life, you might fall into being overwhelmed by work; what do you have to do next? Is this everything you need to do? Did you miss something? It can be very confusing and messy, having to retrace everything and wasting time.
* Scheduling gives you a glimpse into a quick and easy routine, and every step feels rewarding. Not only that, but you become a lot more organized and up-to-date with your deadlines. You could create one by writing your deadlines on something or using a planner.

**T**ake care of yourself.

* Mental health is very important in life, overall. This could affect how you do at work or in school. If this declines, it could lead to symptoms of illnesses like body-aches, tiredness, loss of motivation, relentless thoughts and worries, emptiness, etc… all of which should be dealt with appropriately, but that can also take you away from doing academic tasks.
* The best to do is to make sure that doesn’t happen by the onset. You can take a rest or sleep when you have to, set up a routine to take a bath, eat, and do everything you need to do with the most energy and desired emotion.

**S**et a good place to study regularly.

* When we study, we tend to sit down most of the time, just doing one thing at a time, trying to handle whatever we have to handle.
* It would be easier to study in a place where you won’t be prone to being distracted by any kind of physical discomfort through noises, your chair, or any kind of emotional stress. Pick a quiet place, with a comfortable area to sit or lay on. Give yourself some area to lay your studying materials on and efficiently work with it.

**SECTION II - SELF EFFICACY**

**A. What is Self-Efficacy?**

Self-efficacy refers to an individual's belief in their ability to accomplish a specific task or achieve a goal. Self-efficacy also plays a part in influencing a person's decision-making, how they respond to hindrances, and their ways of thinking (Bandura, 1997). In this case, it is a key component of motivation and can influence how a student approaches their academic work. Students with high self-efficacy exhibit confidence in their capabilities, such as believing that they can solve a challenging math problem, or feeling confident in their ability to write a compelling essay.

**B. Importance/Relevance of Self Efficacy**

Self-efficacy is important because it can impact a student's academic performance and overall well-being. When students have a strong sense of self-efficacy, they are more likely to set ambitious goals, persist through challenges, and bounce back from failures. However, those with low self-efficacy tend to procrastinate, avoid challenges, have less confidence, and struggle moving past setbacks and their lack of achievement.

That being the case, it is important to strengthen one's self-efficacy. Practicing self-efficacy can be achieved by setting achievable goals, celebrating successes, and seeking out positive feedback.

A study conducted by Alay Ahmad and Triantoro Safaria (2013) shows that those who have high self-efficacy would be more willing to take on more difficult challenges (such as taking more complex courses) and by John Lane and Andrew M. Lane (2001), it was found that self-efficacy was indeed correlated to academic performance. In fact, self-efficacy served as a predictor for success as claimed in other studies. In an article "Believe to Succeed: 9 ways to boost your Self-Efficacy" (2021), those who do not think they have to make significant differences, tend to react passively when they are given challenges or when they find themselves in a situation they have not experienced. This leads them to avoiding new experiences because they already have the thinking they would not be able to succeed.

**SECTION III - LEARNING STYLE TEST( Add a self efficacy test)**

**A. Learning Style Test**

**Take this learning style test to identify your preferred way of learning:**

**When I learn something new, I prefer to:**

a. Read about it

b. Listen to a lecture

c. Watch a demonstration

**When I study for an exam, I typically:**

a. Make flashcards

b. Take practice quizzes

c. Review notes

**When I am trying to understand a complex concept, I find it helpful to:**

a. Draw a diagram or visualize it in my head

b. Talk through it with someone else

c. Write out my thoughts and ideas

**In a group project, I tend to:**

a. Take on research and writing tasks

b. Present information to the group

c. Brainstorm ideas and create an outline

**When you want to remember a list of items, do you prefer to:**

a. Write them down

b. Repeat them aloud

c. Visualize them in your mind

**When you encounter a difficult problem, do you prefer to:**

a. Work through it step by step

b. Discuss it with someone else

c. Try different approaches until you find a solution

**When you are learning a new skill, do you prefer to:**

a. Watch a demonstration or video tutorial

b. Practice the skill repeatedly until you feel confident

c. Work with a partner or group to learn together

**When you have to memorize information for a test, do you prefer to:**

a. Make flashcards or study notes

b. Record yourself saying the information out loud

c. Use mnemonics or mental images to help remember the information

**When you are studying for a subject you don't find interesting, do you prefer to:**

a. Read the material and highlight important points

b. Listen to lectures or podcasts about the topic

c. Find ways to relate the subject to something you are interested in.

**B. Results/Interpretation(for learning style test)**

**1. VISUAL LEARNER**

If you answered mostly A's, you may be a visual learner. Pictures, diagrams, and visual representations work best for you in terms of absorbing information. You may be more interested in learning concepts that involve illustrations and graphs, and can easily see the big picture. Compared to other people, your spatial awareness is impressively greater!

These people learn best when seemingly abstract lessons are made concrete via visual relationships, such as when a teacher uses a flowchart to illustrate a sequence of events. For them, they are able to easily organize information and review them. In short, they do best when they have a visual “study guide”, or a visual summary, of the lesson.

Here are some study tips and habits that can help you as a visual learner:

- **Take notes.** Writing down what you see when learning can help in retaining the information as your eyes continue to process the lesson repeatedly; this will help in studying for a test or exam in the future. It also helps that you will be able to go back to your notes at any time as you review for a test.

- **Organize your thoughts into visual aids.** If the lesson seems too difficult to understand, try to reorganize the main points and details by creating a visual aid such as a table, chart or graph.

- **Reread class materials.** Sometimes, a teacher or lecturer can move too fast through topics. Try to reread on your own the lessons from your textbook or the teacher's slides to be able to take the information at your own pace.

- **Color code.** Some visual learners are able to distinguish and identify information through other visual categories, such as color. This is why highlighting notes with different colored markers (ex: highlighting a lesson with green, then highlighting the next lesson with pink) can make the information easier to digest.

**2. AUDITORY LEARNER**

If you answered mostly B's, you may be an auditory learner. Sounds, videos, and audio recordings work best for you in terms of absorbing information. You may find it easier to learn concepts when listening to verbal lectures and lessons, and can understand better when hearing instructions rather than reading them. Compared to other people, your communication skills may be a lot stronger!

Auditory learners also like to engage in verbal discussions with others. They process lessons through literally talking them out, whether that be through question and answer or presentations. They are able to better memorize information this way.

Here are some study tips and habits that can help you as an auditory learner:

- **Study with a friend or classmate.** Reviewing for an exam alone can seem a difficult task, but by studying with another person and exchanging ideas and thoughts with each other, the communication you share can help you retain the details of the lesson easier as you hear it.

-**Read aloud.** If you can't find anyone to study with, you can simply read your notes aloud to hear them spoken! Listening to a voice relay the information, even if it's your own, can help you in deciphering what you're trying to review - and it helps you gain an understanding of the topic through your own words.

-**Record your lectures through audio or video.** Have a record of the teacher or lecturer's presentation itself so you don't miss any details. You can easily come back to certain parts of the lesson if you were unable to hear it properly the first time.

-**Listen to instrumental music while studying.** When all else fails, stimulating your ears while reading notes can still benefit auditory learners in reviewing lessons - music on the radio with lyrics can be distracting to the study experience, so putting on some instrumental tunes can help your mind focus on the task at hand.

**3. KINESTHETIC LEARNER**

If you answered mostly C's, you may be a kinesthetic learner. Practical demonstrations, experiments, and hands-on activities work best for you in terms of absorbing information. You may find it easier to learn concepts when performing actions yourself, and prefer freedom in experiencing rather than being fed lessons. Compared to other people, your ability to pick up new skills is notably better!

Kinesthetic learners retain information better when they act it out; some may even choose to do a mix of auditory and kinesthetic learning to make for a truly immersive, interactive lesson that encourages the students to express themselves.

Here are some study tips and habits that can help you as a kinesthetic learner:

-**Make physical demonstrations / games out of studying.** If reading or listening to a lecture is too boring, try to absorb the lesson through a way that engages your body–act out certain events to remember or turn it into a game or even a dance.

-**Move your body.** If you can't sit still while studying, then try to move around while still absorbing the lesson through visual or auditory methods–pacing around the room, or playing with a stress ball may help you in focusing on learning the information.

-**Take notes.** Taking notes might seem like a waste of time if you can easily record a video of a lecture, but the physical movement of your hand writing the words or even typing on a laptop can engage you to become more aware of what you're learning, and help you study better.

-**Take frequent breaks.** The longer you sit down to study, the more easily the information may slip away from your memory; try to take breaks to do physical activity such as exercise or workout, to recharge your body and be able to get back into studying your lessons again.

**Self-Efficacy Test**

**Instructions:** For each statement, indicate the degree to which you agree or disagree by choosing a number on the scale from 1 to 5. Use the following scale:

**1 = Strongly disagree 2 = Somewhat disagree 3 = Neither agree nor disagree 4 = Somewhat agree 5 = Strongly agree**

1. I am confident in my ability to achieve my goals.
2. I believe that I can handle difficult tasks.
3. I am able to stay focused and productive when faced with distractions.
4. I am capable of finding solutions to problems that I encounter.
5. I am confident in my ability to learn new things.
6. I believe that I can overcome obstacles that stand in my way.
7. I am able to manage my time effectively to accomplish my goals.
8. I am confident in my ability to communicate effectively with others.
9. I am able to make decisions with confidence and clarity.
10. I believe that I can handle stressful situations with ease.

Scoring: Add up your scores for all 10 questions. The highest possible score is 50, and the lowest possible score is 10. The higher your score, the higher your level of self-efficacy.

**B. Results/Interpretation(For Self-Efficacy test)**

**10-20(low)**

\*Inspiring message/quote\* (Suggestion)

Hi there!

We know that it can be challenging to believe in yourself when things seem difficult and overwhelming. But we want you to know that you have the ability to overcome any obstacle that comes your way. Don't be afraid to try new things, take risks, and make mistakes–these are all opportunities for growth and learning. Remember that every small step you take towards your goals is a victory, and each victory will build your confidence and self-efficacy. Believe in yourself, stay positive, and never give up on your dreams. You are capable of great things!

Here are 5 strategies you can do to improve your self-efficacy:

1. Set small, achievable goals

Starting with smaller goals can help you build confidence and motivation to tackle more significant challenges. Set specific and measurable goals, and celebrate your achievements along the way.

1. Identify and challenge negative self-talk

Negative self-talk can be a significant contributor to low self-efficacy. Pay attention to your internal dialogue and challenge negative thoughts with more positive, constructive ones.

1. Seek feedback and support

Positive feedback and support from others can help to reinforce your beliefs in yourself. Seek feedback from peers, teachers, and mentors, and to surround themselves with positive, encouraging people.

1. Practice self-care

Take care of your physical and emotional well-being and are better equipped to tackle challenges and build confidence. Prioritize self-care activities such as exercise, healthy eating, and sufficient sleep.

1. Try new things

Try new activities and experiences, even if they feel outside of your comfort zone. This can help to build new skills and knowledge, as well as increase confidence and self-efficacy.

**30(medium)**

Hi there!

You may feel like you are just an average student with average abilities, but we want you to know that you have the potential to achieve great things. Believe in yourself and your abilities, and set yourself challenging goals. Take inspiration from those around you who have achieved success, and learn from their experiences. Celebrate your accomplishments, no matter how small, and don't be afraid to take risks and learn from your failures. With hard work, perseverance, and a strong belief in yourself, you can achieve anything you set your mind to.

Here are 6 strategies you can do to improve your self-efficacy:

1. Set challenging goals

Set yourself challenging but realistic goals that will push you outside of your comfort zone. Achieving these goals will help to build your confidence and self-efficacy.

1. Seek out positive role models

Surround yourself with positive role models who inspire and motivate you. Look for people who have achieved success in areas that you are interested in, and learn from their experiences.

1. Practice self-reflection

Reflect on your past successes and challenges, and identify the skills and strategies that helped you to succeed. Use this knowledge to build your confidence and identify areas where you may need to improve.

1. Celebrate your achievements: Take the time to celebrate your accomplishments, no matter how small they may seem. This will help to reinforce your belief in yourself and your abilities.
2. Learn from failure

Don't be afraid to fail - it is a natural part of the learning process. Instead, use failure as an opportunity to learn and grow. Identify what went wrong, and use this knowledge to improve your approach next time.

1. Take care of yourself

Taking care of your physical and emotional well-being is essential for building confidence and self-efficacy. Make sure to prioritize self-care activities such as exercise, healthy eating, and sufficient sleep.

**40-50(high)**

Hi there!

Your high self-efficacy is a testament to your hard work and dedication. Keep believing in yourself and your abilities, and continue to set yourself new challenges and goals. Focus on your strengths, seek out positive feedback, and stay engaged and active in your learning and activities. Remember to share your knowledge and expertise with others, and help them to build their own self-efficacy. With your determination and confidence, there is no limit to what you can achieve. Keep up the great work!

Here are 5 strategies to maintain your self-efficacy:

1. Set yourself new challenges

Continue to set yourself new challenges and goals, even if you have already achieved a lot. This will keep you motivated and engaged, and help you to continue building your confidence and self-efficacy.

1. Focus on your strengths

Take the time to identify and focus on your strengths. By doing so, you will be able to build on your existing skills and abilities, and continue to excel in areas where you already have high self-efficacy.

1. Seek out positive feedback

Seek out positive feedback from teachers, mentors, and peers. This will help you to reinforce your belief in yourself and your abilities, and identify areas where you may need to improve.

1. Stay engaged and active

Stay engaged and active in your learning and extracurricular activities. This will help you to continue building your skills and knowledge, and maintain your motivation and confidence.

1. Help others

Share your knowledge and expertise with others, and help them to build their own self-efficacy. This will not only benefit them, but also reinforce your own belief in yourself and your abilities.