ATENEO DE DAVAO UNIVERSITY
School of Engineering and Architecture
Civil Engineering Department

ELECTIVES 2: 21st Century IT Skills

Study Habits 101 - A Simple Guide to Better Studying

SUBMITTED BY:
Cristal, Mary Kristine Anne L.

BSCE - 3D

SUBMITTED TO:
Quibod, Gabriel

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INTRODUCTION

Effective study habits are essential for academic success, yet many students struggle to manage time, maintain focus, and retain information. Poor study habits can lead to low academic performance, stress, and a lack of motivation. This issue is highly relevant in modern education, especially with the increasing use of digital learning platforms and remote classes. Students, teachers, and educational institutions are all affected because learning outcomes depend heavily on how students study. Therefore, developing structured and efficient study habits is an important real-world concern.

PROBLEM DESCRIPTION

Many students lack structured study routines and rely on ineffective methods such as cramming, multitasking, and passive reading. Observations show that students often procrastinate, use digital devices as distractions, and fail to plan their study schedules properly. According to educational research, active learning techniques and time management strategies significantly improve academic performance, yet many learners are unaware of these methods.

Challenges include limited awareness of effective study techniques, lack of motivation, and difficulty in maintaining consistency. Additionally, students may lack access to tools or guidance to track progress and build productive habits. These limitations contribute to poor academic outcomes and reduced learning efficiency.

PROPOSED SOLUTION

To address this problem, an IT-related solution called **"Study Habits 101 Digital Guide and Tracker"** is proposed. This solution is a technology-enabled platform that educates students about effective study habits while helping them monitor and improve their learning routines.

Features Lists

- Interactive study habit tutorials and tips
- Personalized study schedule planner
- Habit tracking and progress analytics
- Focus tools such as Pomodoro timer and reminders
- Educational content on note-taking, active recall, and spaced repetition

Target Users

- High school and college students
- Educators who want to guide students
- Self-learners seeking productivity tools

Expected Impact

The solution is expected to improve students' academic performance, reduce procrastination, and increase productivity. By using technology to reinforce good habits, students can develop consistent study routines and become more independent learners.

CONCLUSION

In conclusion, poor study habits are a significant issue that affects students' academic success and personal development. The proposed tech-enabled solution, Study Habits 101 Digital Guide and Tracker, provides a practical and modern approach to improving learning behaviours. By combining education, planning, and habit tracking, the system can help students develop effective study routines and achieve better academic results.

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