



THE STUDY SKILLS OF FIRST YEAR EDUCATION STUDENTS AND THEIR ACADEMIC PERFORMANCE

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Abstract: *The students' skills in organizing and planning one's work; working with others and utilizing resources and feedback; note – taking and reading; and preparing an assignment/project correlate with their grades. The best predictor of students' academic performance is note – taking and reading. First year college students need to develop the habit of studying their lessons, reading, and taking down notes to improve their academic performance.*

Key words: *academic performance, utilizing resources, feedback*

College life entails a lot of hard work, perseverance, and adjustments. Enrolling in the first year of tertiary academic level requires a lot of adjustments for the entering students. This is the transition from high school life to a more challenging and independent learning endeavors. Performance in the tertiary level is affected by many factors, one of which is the students' study skills. Students need to use their metacognition and cognitive strategies in order to survive in college life. Lefrancois (2000) defines metacognition as the knowledge about knowing. As one grows and learn, she/he develops motives of him/herself as learner. She/he develops strategies to recognize one's limitations and allows him/her to monitor progress and take advantage of his/her efforts.

Further, he says that cognitive strategy is a process involved in learning and remembering. Cognitive strategies include identifying problems, selecting approaches, and using feedback.

This study is anchored on the framework of study skills introduced by Lucas and Corpuz (2007:4) that pertain to the following aspects: motivation, organizing and planning one's work, working with others and utilizing resources and feedback, managing school work stress, note – taking and reading, and preparing an assignment/project.

Motivation

It refers to an integral state of arousal that often precedes behavior (Epstein and Rogers, 2001 in Aquino, 2009). Students' beliefs about themselves as learners and the nature of learning have a marked influence both the quality of thinking and information processing as well as individual's motivation to learn. Thus, acquisition of complex knowledge and skills requires extended learner effort and guided practice.

Organizing and planning one's work

once a study habit is developed, schedule building becomes easier (Kizlik, 2011). Moreover, planning involved determining what one wants to achieve and how he/she intends to go about it. These wants can be stated as written goals. Then time management skill can be used to schedule activities that help meet the written goals (Ellis, 2006).

Managing school work stress



Stress in the workplace comes from a combination of both internal and external stressors. Stress results in decreased job satisfaction, reduced production, and increased conflicts. One of the functions of education is to challenge the learner and in so doing, prepare him/her for the challenges of life after school. Learning to effectively manage student stress will carry one a long way towards managing stress over a lifetime (Stress Management Tips, 2011).

Note – taking and reading

Taking good notes from either a lecture or a text benefits learning (Kiewra, 1989 in Santrock, 2006). These note – taking strategies help the learners evaluate which ideas are important to remember. Outline and concept maps help them arrange the material hierarchically, which underscore an important theme of learning. It works best when it is organized. Further, Ellis (2006) mentions that effective note taking consists of three parts: observing, recording, and reviewing. Each part of the process is essential, and each depends on the others.

These study skills are hoped to influence the academic performance of the first year students. As Amonte (in Quinco, 2000) cited that students' performance refers to outcomes or results of the learning process of the students with all the imposing factors around him/her. One of the outcomes is the students' academic performance which refers to the accomplishment or proficiency in a given skill or body of knowledge usually designated by test scores or marks assigned by teachers (Diansay, as cited by Amigable, 2009).

CONCLUSION

The present study reveals that the first year students have the skills in organizing and planning their work, preparing assignments or projects, and note – taking and reading. However, they need enrichment activities in enhancing their motivation, managing school work stress, and working with others, utilizing resources performance, it was found that the organizing and planning one's work; working with others and utilizing resources and feedback; note – taking and reading; and preparing an assignment/project have a significant relationship with grades. Higher education requires student a lot of challenging works. Making the transition from high school to college schooling is not that easy. First year college students are faced with new situations especially their academic endeavors. They need to have profound skills to form a habit in studying their lessons. To improve their academic performance, they need to follow their study schedules religiously.

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