

REPORT ON EFFECTIVE STUDY HABITS

DATE: 26/06/2024

TIME : 2 pm to 3 pm.

VENUE: Multipurpose Hall, SMBT Institute of Nursing.

TOTAL No. of Participants: 100 Students

SPEAKER: Dr. Pankaja Naik

Introduction:

The concept of "effective study habits" has a long history, with early research focusing on techniques like note-taking, active reading, and organized review, gradually evolving to include modern approaches like spaced repetition, learning style adaptation, and mindfulness practices, all aimed at maximizing information retention and minimizing study stress; key figures in this development include educators who emphasized the importance of active learning and personalized study strategies, leading to the current understanding that effective study habits involve a combination of structured planning, focused engagement, regular review, and awareness of individual learning preferences.

BRIEF REPORT:

The programme had started with the felicitation of guest by Dr. Kavita Matere, Principal SMBT Institute of Nursing. Dr. Pankaja Naik Mam had explained regarding the different methods to improve the study habits which was beneficial to them. The effective study habits for academic success include: **Setting goals:** Set clear, specific, and achievable goals to stay focused and motivated. **Creating a schedule:** Plan out time for studying each subject and prioritize challenging topics. **Practicing active learning:** Engage with the material by teaching it to others, summarizing it in your own words, or creating flashcards. **Minimizing distractions:** Avoid distractions like social media and app notifications. **Spaced out studying:** Break up your study load over several days to retain information better. **Taking breaks:** Include time for breaks and leisure activities to stay alert. **Adapting your habits:** Continually evolve your study habits to meet your changing needs and goals. **Seeking feedback:** Ask for help when you

need it and clarify any doubts. Studying in a group: Group study sessions can help you work through problems, get encouragement, and make studying more enjoyable.

Signature of Principal

SMBT INSTITUTE OF NURSING

A Guest Lecture
on
**Effective
Study Habits**

By

Dr. Pankaja Naik
Professor, Department of Biochemistry,
SMBT IMS & RC, Dhamangaon, Nashik

24th June
2024

12:00 pm to 01:00 pm

SMBT Institute of Nursing

