Abstract

Education is any act or experience that has a formative effect on the mind, character or physical ability of an individual. The education is expected to be in tune with the emerging needs of the society. Education is seen to play role both in personal life and social and economic well-being of community. The real meaning of education is to gather Knowledge. However, the purpose learning has always been ignored. Purpose learning comes by forming good study habits. Students cannot learn quickly and thoroughly, until they inculcate good study habits in themselves. Engineering is a rigorous curriculum, but the key to succeed is studying smarter and harder. This paper describes the study habits which can help a student learn more effectively, thereby, in the process achieving higher grades. The literature review is done and the material is compiled from various research journals, articles and surveys. This paper equates the higher performing students to those having higher grades and knowledge. Also, a survey was conducted to support the theories. The survey results are presented in the end.

References
- Poor Sleep Can Negatively Affect a Student's Grades, Increase the Odds of Emotional and Behavioral Disturbance, American Academy of Sleep Medicine, 2008
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Index Terms

Computer Science
Information Sciences

Keywords
Study habits; Time management; Class attendance; Note taking; Engineering; CGPA