



STUDY HABITS AND ATTITUDES OF NORTHWESTERN UNIVERSITY STUDENTS

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This descriptive research measured the study habits and attitudes of 587 first year students in Northwestern University, S.Y. 2007-2008. The Surveys of Study Habits and Attitudes (SSHA) was used in testing the status of study habits and attitudes of the respondents. Frequency count, percentages, and percentile were utilized to treat the data.

Based from the subtest results, students from each college have an average rating on Delay avoidance and Work methods. As a whole, there is a greater number of students who still need assistance in their study habits. It was also found out that most responses regarding teacher's approval and education acceptance of the respondents both garnered low ratings. This shows that the respondents have a low regard for their teachers.

Majority of the respondents got a low rating in terms of status in study attitudes. This means that they don't have a good or healthy attitude towards their studies, therefore, something must be done to minimize or eradicate their negative study attitudes.

For the overall study orientation of the respondents, most students got a low rating which means that they are not properly motivated and that their current practices in studying their lessons are inappropriate for good performance.

It is recommended that the Guidance Center should conduct group and individual counseling to facilitate and discuss issues and concerns that will lead to the improvement of students' study orientation and to measure significant changes or improvement of students in terms of habits and attitudes. Teachers should undergo the same tests which will be a technique in evaluating performance and improving one's instruction.

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