Abstract Submitted
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Methods of Efficient Study Habits and Physics Learning[1] NOUREDINE ZETTILI, Jacksonville State University — We want to discuss the methods of efficient study habits and how they can be used by students to help them improve learning physics. In particular, we deal with the most efficient techniques needed to help students improve their study skills. We focus on topics such as the skills of how to develop long term memory, how to improve concentration power, how to take class notes, how to prepare for and take exams, how to study scientific subjects such as physics. We argue that the students who conscientiously use the methods of efficient study habits achieve higher results than those students who do not; moreover, a student equipped with the proper study skills will spend much less time to learn a subject than a student who has no good study habits. The underlying issue here is not the quantity of time allocated to the study efforts by the students, but the efficiency and quality of actions so that the student can function at peak efficiency. These ideas were developed as part of Project IMPACTSEED (IMproving Physics And Chemistry Teaching in SEcondary Education), an outreach grant funded by the Alabama Commission on Higher Education. This project is motivated by a major pressing local need: A large number of high school physics teachers teach out of field.

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