

THE USE OF EFFECTIVE STUDY TECHNIQUES IN MODERN EDUCATION: IMPROVING STUDENTS' LEARNING PERFORMANCE

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Abstract. Modern education requires students to process large amounts of information in a limited time, which makes effective study techniques essential for academic success. This study explores the importance of effective study methods such as time management, active learning, note-taking strategies, and the use of digital learning tools. The research uses a descriptive methodology to analyze how these techniques help students improve memory, understanding, and academic performance. The study also highlights the role of motivation and self-discipline in successful learning. The results show that students who use effective study techniques achieve better academic outcomes and develop independent learning skills.

Key words: effective study techniques, time management, active learning, note-taking, digital tools, student performance, independent learning.

Аннотация. Современное образование требует от студентов обработки большого объема информации за ограниченное время, что делает эффективные методы обучения необходимыми для академического успеха. Данное исследование рассматривает важность эффективных учебных методов, таких как управление временем, активное обучение, стратегии конспектирования и использование цифровых образовательных инструментов. В исследовании используется описательная методология для анализа того, как эти методы помогают студентам улучшить память, понимание и академическую успеваемость. Результаты показывают, что студенты, использующие эффективные методы обучения, достигают лучших академических результатов и развивают навыки самостоятельного обучения.

Ключевые слова: эффективные методы обучения, управление временем, активное обучение, конспектирование, цифровые инструменты, успеваемость студентов, самостоятельное обучение.

Annotatsiya. Zamonaviy ta'limda samarali o'qish usullari talabalarning o'zlashtirish darajasini oshirish va ta'lim sifatini yaxshilashda muhim ahamiyatga ega. Ushbu tadqiqotda vaqtni boshqarish, faol o'rganish, konspekt qilish, takrorlash va raqamli ta'lim vositalaridan foydalanish kabi samarali o'qish usullarining ahamiyati o'rganiladi. Tadqiqotda ushbu usullarning talabalar tushunishi, eslab qolishi va akademik natijalariga ta'siri tahlil qilinadi. Tadqiqot natijalari samarali o'qish usullaridan foydalanish talabalarning bilimini oshirish, motivatsiyasini kuchaytirish va mustaqil o'rganish ko'nikmalarini rivojlantirishini ko'rsatadi

Kalit so'zlar: samarali o'qish usullari, vaqtni boshqarish, faol o'rganish, konspekt qilish, takrorlash, raqamli vositalar, akademik natija, mustaqil ta'lim.

Introduction. Effective study techniques are essential for students to achieve academic success because they help learners understand, organize, and remember information more effectively. Depending on learning styles and academic subjects, students may use different study methods such as time management, note-taking, summarizing, self-testing, and group study. This sometimes makes it difficult for students to choose the most effective method for their learning process.

There are various ways to improve study efficiency, and digital tools play an important role in this process[1]. For example, online learning platforms, educational applications, and video lectures allow students to access learning materials anytime and anywhere. These tools also make learning more interactive and interesting. According to recent studies, digital learning tools help students improve their motivation and engagement in the learning process.

Time management is considered one of the most important factors of effective studying. Students who plan their study time and follow a study schedule are usually more productive and less stressed. Techniques such as the Pomodoro technique, daily planning, and setting study goals help students use their time more efficiently and avoid procrastination[5]. Active learning is another important factor in effective studying. Instead of only reading and memorizing, students should use active techniques such as summarizing information, taking notes, asking questions, and self-testing. These methods help students understand the material better and improve long-term memory.

However, effective study techniques also require motivation and self-discipline. If students are not motivated, even the best study methods may not be effective. Therefore, students should set clear goals, create a comfortable study environment, and develop regular study habits. In addition, different students have different learning styles, so there is no single study technique that is suitable for everyone[3]. Some students learn better by reading, others by listening, writing, or practicing. For this reason, students should identify their learning style and choose study techniques that are most effective for them.

Despite the advantages of effective study techniques and digital tools, students should not rely only on technology. Independent thinking, regular practice, and self-study are still very important for academic success[6]. Therefore, effective study techniques should be used together with self-discipline and responsibility to achieve the best learning outcomes.

Conclusion.

This study shows how important effective study techniques are in improving students' academic performance and learning efficiency. Effective study methods such as time management, active learning, note-taking, repetition, and the use of digital tools help students understand and remember information more effectively. These techniques also increase students' motivation, independence, and responsibility in the learning process. However, effective study techniques alone are not enough without self-discipline and regular practice. Students should develop good study habits and choose suitable study methods according to their learning styles. The results of the study emphasize the importance of using a combination of traditional study methods and modern digital tools to achieve the best learning outcomes.

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