

FACTORS AFFECTING ACADEMIC PERFORMANCE AND HOW TO IMPROVE IT

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Annotation

This article is about factors that affect academic performance negatively and includes tips on how poor academic performance can be improved.

Keywords

lack of sleep, distractions, learning environment, physical activity, being organized.

Education is one of the most important parts of human life. Education is acquiring knowledge, skills, development, morals, and beliefs. Academic education also helps children develop deeper interests in various subjects that play a part in deciding the professional trajectory of an individual. It is important for a student to have good academic performance, especially during high school to get into universities and receive scholarships, have good career growth, and enjoy economic freedom during adulthood. However, there are some factors that affect academic performance negatively and result in bad grades and a lack of confidence. Some of these factors are distraction, lack of sleep, a bad learning environment, and lack of physical activity. How do these factors really affect the academic life of students?

Lack of Sleep

In today's fast-paced world students tend to sacrifice their sleep for their studies, activities, and social life. However, this negatively affects cognitive function. Students with a lack of sleep tend to have difficulties with concentration and problems with memory and information processing. As a result, they will have poor academic performance. Apart from this analyzing complex concepts and solving problems will become challenging for students as sleep deprivation reduces problem-solving and critical-thinking skills. Last, but not least sleep - deprived students cannot manage stress efficiently as they become emotionally unstable, affecting their ability to cope with academic pressure.

Distractions

The common distractors are social media, food, and games. Nowadays, a great proportion of



students use social media and tend to be distracted by them while studying. Imagine, you received a message from a friend while doing some work. Apparently, you go to check and get distracted by something and waste your next 30 - 60 minutes on the phone or computer instead of doing your work. The same situation happens with students. Thinking about food or games while studying also makes focusing difficult and most students fail to learn new things.

Poor Learning Environment

A poor learning environment is an environment full of distractors such as social media, noise, people, and uncomfortable furniture. These things do not let students focus on their studies. This results in low academic grades. Noise, distractions, and uncomfortable items in the place where you are studying may cause stress that reduces your efficiency.

Lack of Physical Activity

Lack of physical activity means poor blood flow throughout the body. This apparently means the lack of oxygen in the brain which reduces cognitive recognition, analyzing, and problem-solving skills. Despite these consequences, not being physically active cause many health problems, such as obesity, poor immune system, coronary artery diseases, and others.



As good grades matter in our life it is important to maintain good academic performance at school and university. Despite the factors that negatively affect academic performance there are tips that may help students to improve their academic life and grades.

Be organized.

Being organized helps students to do all their work on time. Time management is key to success and good academic performance. It is recommended to have a planner to manage your time and use it wisely. Input your deadlines so that you do not miss any assignments, events, and other important things. This will help you to improve your academic performance.

Exercise before studying.

Exercising before studying helps to reduce stress and anxiety. Also, it helps to feel confident and improves self-esteem. Exercising stimulates the production of adrenaline which makes feel energetic and gives you motivation. Doing physical activity improves blood flow throughout the body so that more oxygen gets into our brain which improves cognitive function, including memory, attention, and processing speed.



Teach someone else.

Teaching someone else helps to strengthen the acquired knowledge. Teaching the difficult subject you are studying to another person lets you know what you have already learned and find out the aspects of the subject that you still need to work on. Also, talking out loud about learned material is a good way of revising.

Relax.

Studying for a long time can cause stress which disturbs our focus and makes us less efficient. Taking breaks to do something that we enjoy, reduces stress, and refreshes our mind.



Use technology wisely.

Technology can be used both in a bad and good way. Students should use it wisely for research, reading, and self-study, instead of playing games and wasting time on social media. Using technology in the right way is very beneficial for everybody including students who want to improve their academic performance.



Following the given tips ensures good academic growth, good mental and physical health, and emotional stability. Our “health is wealth”, so being physically active and organized guarantees good health as well as good grades. It is also important to avoid the things that do not let you achieve academic success.

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