

THE WAYS OF DEVELOPING STUDENTS' POSITIVE HABITS OF LEARNING INDEPENDENTLY

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ABSTRACT

This article discusses effective ways of developing students' positive habits of learning independently. It emphasizes the importance of teaching learning skills, encouraging self-reflection, providing feedback, fostering curiosity, and using technology to support independent learning. By implementing these strategies, students can take ownership of their learning, develop critical thinking skills, and become self-directed learners. Ultimately, developing positive habits of learning independently is crucial for students' academic success and lifelong learning.

Keywords: habit, positive habits, independent study, self-reflection, feedback.

INTRODUCTION

Developing positive habits of learning independently is crucial for students to become successful learners. Independent learning helps students to take ownership of their learning, develop critical thinking skills, and become self-directed learners. In this article, we will discuss some effective ways to develop students' positive habits of learning independently.

1. Teach study skills: Teach students how to take notes, organize their materials, manage their time, and set goals. These skills will help them to become more effective learners and develop positive habits of learning independently.

2. Encourage self-reflection: Encourage students to reflect on their learning process. Ask them to think about what they have learned, how they have learned it, and what strategies they have used. This will help them to identify their strengths and weaknesses and develop a plan for improvement.

3. Provide feedback: Provide regular feedback to students on their work. This will help them to understand their progress and identify areas where they need to improve. Positive feedback can also motivate students to continue learning independently.

4. Foster curiosity: Encourage students to be curious and ask questions. This will help them to develop a love for learning and become more engaged in the learning process.

5. Use technology: Use technology to support independent learning. Provide students with access to online resources, such as videos, podcasts, and interactive simulations. This will help them to learn at their own pace and explore topics that interest them.

MAIN PART

Many students often associate the term “habits” primarily with their study routines, and for many, the phrase “study habits” may carry a somewhat negative connotation. However, there exists another category of habits crucial for the overall well-being and constructive development of students habits that foster character strengths like patience, gratitude, and a commitment to serving others. Consider, for instance, the habit trigger that encourages students to exercise patience before impulsively posting an irate message on social media or the daily ritual of jotting down expressions of gratitude. I refer to these as “positive habits”. These positive habits play a vital role in helping students realize the “character goals” they’ve set for themselves, such as embodying integrity or aspiring to be a compassionate and supportive individual. It is challenging to envision any student reaching their fullest potential without cultivating a diverse array of positive habits. These habits serve as the building blocks for personal growth, contributing significantly to the development of individuals striving to become their best selves. [1]

A positive habit is any repeated practice you do that improves your life in some way. This improvement can include making you happier, bringing you inner peace, making you more hopeful, or giving your life a sense of purpose. Positive habits can be anything from going on a daily walk to meditating before bed. They can be something you do daily, weekly, or even monthly, depending on how they best fit into your schedule. [5]

Independent study

An independent learner has all the tools needed to take their learning into their own hands investigating and exploring new knowledge with lower involvement from an instructor or institution. With independent learning, students do their own research and ask questions, rather than relying solely on the materials that their teacher or instructor hands them. They also take ownership of their educational path by setting their own goals and monitoring their progress.

Needless to say, this type of student-centric learning gained a lot of traction with the popularization of the internet and experienced exponential growth during the CoVID pandemic.

The best way students can track their progress is by keeping records. Maybe suggest a learning diary detailing what learning tasks they performed at a particular time, how long it took them, and how they experienced it. They should look back at diary entries, assess how they feel today about that piece of knowledge or task, and note the progress. The student can also pair up with a learning buddy. They can follow up on each other's progress and assess each other. [2]

Independent study doesn't necessarily mean that you need to be studying on your own. It is independent in so far as it is your own time that you are in charge of and it is up to you how you use it to your advantage. [3]

For some students, independent study will mean working together to share ideas as part of a peer network; for others it will mean adopting a proactive approach to their own work. Making the most of a network of friends or peers on your course can be a good way to maintain your motivation and to keep your approach to university study on track. Informal or formal study groups can help to provide structure and encourage you to commit to planned study time. It can also be helpful to share information within the group to make sure you stay on top of deadlines and important course-related updates

In the report, *What is Independent Learning and What are the Benefits for Students?*, it was found that the benefits of independent learning for students include:

- Improved academic performance
- Increased motivation and confidence
- Increased chances to be creative and intellectually creative
- Fostered social inclusion and countered alienation from peers
- Increased opportunities for completing differentiated tasks, set by the teacher.

[4]

As we wrap up this article on developing students' positive habits of learning independently, let's quickly recap the key points. Parents play a crucial role in helping their children become independent learners. By becoming a learning coach, they can instill basic organizational skills, teach goal-setting and time management, and encourage resilience and self-motivation in their children. This helps students thrive in online education and beyond. Furthermore, empowering students to set their own goals and expectations, using student planners for goal tracking, and teaching habits of mind for school and life success greatly impact their development. Students become more responsible and accurate in their work, while teachers improve their communication

and flexibility. Collaboration and co-reflection also foster continuous learning for both students and teachers. To teach positive habits, creating mini-lessons on managing impulsivity, connecting habits to academic standards, and empowering students to recognize and reflect on their actions and thinking are effective strategies.

CONCLUSION

In conclusion, developing independent learners requires the active involvement of parents as learning coaches and the cultivation of student voice and agency. By fostering positive habits and providing support, we can empower students to become highly motivated and dedicated lifelong learners. So there you have it, folks! The journey to independent learning is not a solo expedition. It takes the cheerleading, mentoring, and guidance of parents, along with the dedication and self-motivation of students, to chart a course towards success. Remember, developing positive habits is the key to unlocking a world of endless possibilities. Happy learning!

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