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Review Article

Impact of Learning Estrategies on Academic Performance in University Students: An Exploratory Study

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Abstract

This exploratory study examines the impact of various learning strategies on the academic performance of university students. Using a mixed method that combines surveys and poor analysis, it identifies key patterns. The results revealed that the systematic application of strategies such as the efficient organization of the time and the adaptation to individual learning styles correlated significantly with improved academic performance. This analysis contributes to understanding how learning strategies can optimize the educational process.

Keywords: learning strategies; academic performance; university students; time organization; adaptation

1.Introduction

- *Justification*

The justification of this article is based on the growing need to understand and address the direct relationship between learning strategies and academic performance in the university environment. Currently, educational needs and academic demands require more detailed attention as students face their learning process. The academic ambition is characterized by its complexity, diversity of disciplines and the autonomy required of students. In this context, learning strategies are a crucial part of influencing the effectiveness that students acquire, proceeding and applying knowledge. Understanding these strategies is an essential aspect to optimize academic performance and maximize student potential. The investigation of learning strategies allows you to identify possible exits and areas of improvement in the form that students attend our studies. With a more in-depth knowledge of these strategies, educational institutions can adapt and improve their teaching methods, promoting a more effective and central learning environment for the student.

- *Description of the theme or investigation problem*

This article addresses the significant opportunity to improve the quality of university learning, recognizing the importance of understanding how some aspects of the educational process can be optimized to benefit students. In response to the continued evolution of the academic panorama and the diversity of students who attend universities, this studio focuses on exploring learning strategies that contribute positively to academic performance.The intention is to provide a constructive perspective so that the effective implementation of learning strategies can enrich the educational experience. When learning about deficiencies, you will be able to find better opportunities and the ability to adapt educational institutions to meet the changing needs of students. Because of the importance of nourishing an academic environment that fuels the student's career, this studio claims to be a valuable resource that provides information that can be applied in a positive way. To understand how some learning opportunities can maximize academic performance, you can boost the overall effectiveness of the university educational process. The investigation aspires to contribute to the continued development and educational innovation, offering constructive perspectives that benefit both educators and students. This collaborative effort aims to improve the learning experience, promoting a university environment that nourishes the academic and personal growth of all those involved. The conditions that contribute to this problem are variable and complex. Among them they include:

Diversity of learning styles: University students have different learning styles and preferences. The lack of adaptation of teaching methods to this diversity can result in less effective learning.

Carga Académica Elevada: The pressure of a demanding academic curriculum can overwhelm students, negatively affecting their ability to match and apply the knowledge of effective management.

Technology and Distractions : The omnipresence of technology and other distractions may interfere with the focus and concentration of students, diminishing the effectiveness of the time dedicated to the study.

Falta de Estrategias de Aprendizaje: All students can take advantage of effective strategies to approach learning, like the management of the time, the volume of effective apuntes and the preparation for the exams.

This study is justified to recognize the need to address these problems in a systematic manner. Understanding how learning strategies can be combined with these factors to improve learning effectiveness is essential to promote academic education that facilitates the full development of university students.

To approach this topic, the article will contribute to the basis of knowledge on the improvement of the quality of learning in university education, offering insights that can be applied to optimize teaching methods and promote more effective and meaningful learning.

- *Investigative history*

The investigative antecedents demonstrate the relevance and context in which the present study is inserted into learning strategies and academic performance in the university setting. Continuation, here is a concise presentation of some of the key issues in previous investigations:

Estudio de Vygotsky sobre Zona de Desarrollo Próximo (ZDP):

Vygotsky proposes that the teaching should be centered in the ZDP, the space between where a student can have an independent way and where he can have with the help of a tutor or parents. This highlights the importance of learning strategies adapted to the student's learning level.

Pintrich 's investigation into Autorregulation Estrategias:

Pintrich and his team explored the self-regulation of learning, arguing that students are interested in using cognitive, metacognitive and motivational strategies. This meets the need to teach students how to supervise and regularize their learning.

Studies on learning styles from Kolb and Honey -Mumford:

Kolb proposes a model of learning styles based on experience with four dimensions: concrete experience, reflexive observation, abstract conceptualization and active experimentation. Honey and Mumford will take a similar approach, explaining the importance of adapting teaching strategies to different student learning styles.

Zimmerman's Investigation of Self-Reliance and Motivation:

Zimmerman explored the relationship between self-efficacy, motivation and academic performance. Su trabajo destaca cómo las creencias de los studentes sobre su propia capacidad pueden influir en la plicación de strategies de aprendizaje y, por ende, en ixito académico.

These antecedents reflect the diversity of factors that influence university learning and respond to the need to approach the theme from an integral perspective. The present studio contributes to this knowledge of how to explore specifically how learning strategies can optimize academic performance in the current university context.

- *Formulation of the questioner*

How can we adapt and apply effective learning strategies to significantly improve the academic performance of university students, considering the diversity of learning styles and contemporary academic demands?

- *Object(s) or proposal*

This article has the main objective of analyzing and proposing fundamental insights for the effective implementation of learning strategies adapted to the university context. Se busca:

Identify Effective Learning Strategies: Explore and classify learning strategies that have been demonstrated to be effective in the university environment, considering the diversity of learning styles and current demands.

Evaluate the Impact on Academic Performance: Analyze how the practical application of these strategies influences the academic performance of university students, identifying patrons and significant correlations.

Proporcionar Recomendaciones para la Continua Improvement: Basándose en los allazgos, derecer recomendaciones concretas y prácticas para educadores y estudiantes, con el objectivivo de ejorar la efectivdad del aprendizaje en el contexto universitario.

To achieve this, this article contributes to the advance of understanding in the relationship between learning strategies and academic performance, offering valuable information to inform educational practices and promote a more efficient and equitable learning environment in university institutions.

- **Brief theoretical and conceptual description**

The effectiveness of learning strategies and time management is essential for academic performance. This article explores how to integrate these strategies into the university context, synergistically with the studio on the impact of learning strategies in academic performance.

1. Self-awareness :

Students must learn to recognize when they are negatively affected. This involves paying attention to emotional and cognitive signals, such as the feeling of evasion, the appearance of negative thoughts or the tendency to distract easily.

2. Behavior patterns:

It is important to analyze patterns of repetitive behavior. This may include having the tasks at the last moment, avoiding distractions, making excuses to avoid work or feeling overwhelmed by the job opportunity to cause hassle.

3. Download time management techniques and effective planning.

It's fundamental to unlock the skills of time management and effective planning. These strategies help students organize and use their time to be more productive.

- Creation of a calendar: Students must create a weekly or monthly calendar that includes all important tasks and places. This allows you to clearly view the responsibilities and assign them specifically for each task.

- Establecimiento de priorities: It is fundamental to prioritize the tasks depending on their importance and urgency. Students must identify key defects and work on them first, avoiding accumulation and generation of unnecessary defects.

How to establish realistic metastases and divide the tasks into smaller and more manageable steps.

Establishing realistic metastases and dividing the tasks into smallest and manageable steps is an effective strategy to overcome chronic procrastination. This allows students to approach more structured defects and reduce the sensation of darkness.

SMART Metas: Students must establish specific metas, medible, alcanzable, relevant and with a limit of time (SMART, by its acronyms in English). These metas are clearly defined and defined for the work to be carried out.

Division of tares: Large and heavy tares can be disabled. Students must be separated into smaller and more manageable steps. This will make it easier to approach and provide a sense of meaning that can be completed every step of the way.

Motivational strategies and motivational motivation strategies.

The lack of motivation is a common disappointment for students. It is important to proporcionar effective strategies to promote and maintain motivation over time.

Encontrar un proposition: Students must connect with the proposal from their academic qualifications. Understanding how these problems contribute to your personal growth, your professional development or your metas a large plazo can help you generate greater motivation.

Rewards and self-rewarding : Small rewards after completing tasks can serve as a small incentive to maintain motivation. Furthermore, praise and reinforce the progress made is also important to maintain a positive and motivated mentality.

Manejo del perfeccionismo y del miedo al fracaso.

Perfection and perfection sound like a common barrier that contributes to a low performance. It is fundamental to proporcionar strategies to overcome these obstacles and allow continued progress.

1. Change the mentality: Students must adopt a learning mentality where they focus on the result. Accept that errors and disappointments are opportunities to create and learn that you can reduce the damage and reduce the need for perfection.

2. Establish realistic expectations: It is important to recognize that perfection is not possible and that academic defects are not perfect. Establishing realistic expectations and maintaining progress and continued improvement can increase pressure and allow greater productivity.

Creation of a productive and distraction-free studio environment.

The study environment can have a significant impact on the ability of students. These are essential practical tips for creating a studio environment that promotes concentration and minimizes distractions.

1. Organized work space: Students must maintain an organized work space free from disorder. This reduces visual distractions and facilitates concentration in academic skills.

2. Eliminate digital distractions: Disable mobile phone notifications, block web sites not connected to the studio and use applications or extensions to limit the time on social networks and these strategies are effective in minimizing digital distractions.

Herramientas y recursos

Use of applications and time management software.

Exploring different herramientas and recursos that could be useful for the handling of academic performance in the university environment. These technological herramientas can be provided additionally for the management of the time and the organization of tasks.

1. Time management applications: There are a number of applications available that help students plan, establish records, carry out a sequence of tasks and administer their time effectively. Some of these apps include Todoist , Trello, Asana and Any.do.

2. Distraction blocking software: Students can use distraction blocking software to avoid access to web sites or applications that consume a lot of time and distraction. Examples of this type of Freedom , Cold sound software Turkey and StayFocusd .

Productivity and concentration techniques, like the Pomodoro technique.

In addition to technological advances, there are productivity and concentration techniques that can help students overcome chronic procrastination and improve their grip on problems.

1. Pomodoro technique : The Pomodoro technique is a popular method that consists of dividing the time into work intervals of 25 minutes, called " pomodoros ", followed by short breaks. This technique helps students maintain concentration and combat the tendency to procrastinate to establish periods of intense work and regular declines.

2. Time block technique: This technique involves assigning specific time blocks to work in faults without interruptions. While they are blocked, students commit to paying attention exclusively to the problem in question, avoiding any distraction.

Apoyo and collaboration with studio partners and apoyo groups.

Buscar apoyo and collaboration with other students can mark the difference.

1. Studio Companions: Formar studio groups with compañeros who can benefit from their motivation and responsibility. Working together in a collaborative environment, you can help maintain the position and bring about change in the handling of the activities.

2. Groups of apoyo or online communities: Participating in groups of groups or online communities dedicated to students can provide a safe space to share experiences and obtain advice.

The importance of being a professional coach when chronic procrastination becomes excessive.

If your academic performance is unaffordable and significantly difficult for your student life, it is important to recognize that it is necessary to be a professional student.

1. University Councils : Many universities offer training and orientation services that can help students. The advisors can provide you with an emocional, handling strategy and additional tools to supersede this desafío.

2. Mental health professionals: In more serious cases, it may be necessary to have mental health professionals, such as psychologists or therapists. These professionals can provide personalized support and therapeutic strategies to help students.

To prove these herramientas and buscar apoyo adicional, the students can boost their infoque, productivity and capacity.

Maintain the item at large plazo

Explore our strategies and advice to maintain the property a long way. The object is to promote and promote motivation, prevent failures, achieve a healthy balance and encourage sustainable study habits.

How to maintain motivation and keep it long.

It's essential to maintain motivation and keep it wide open to avoid recaids. Aquí hay some strategies to maintain this motivation:

1. Record the proposal: Mantén presents the proposal from all academic metas. Recognize how the existence of your studies aligns with your values and aspirations at large. This record is important because it is important to maintain it and persevere.

2. Celebrar los logros: Reconoce y celebra tus logros, por pequeños que sean. Celebrate your advances, you have completed an important task, you obtain a good qualification or you have completed your established metastases. Celebrations repress motivation and encourage you to maintain positive activity leading to academic work.

Learning strategies.

1. Reevaluate your metas and priorities: Regularly review your metas and academic priorities. Assure that this is true and relevant for you. If necessary, adjust your metas to maintain the desafiantes pero alcanzables.

2. Identify the warning signals: Monitor the warning signals of chronic procrastination. Recognize patterns of behavior and negative emotions that indicate that you may be involved in the tendency to possess. Once you have been identified, you must quickly approach and return them.

Tips to maintain a healthy balance between academic work and free time.

It is essential to maintain a healthy balance between academic work and free time to avoid stress and excess work. Here are some tips for logging:

1. Set time limits: Set specific hours for your academic work and free time. Determine when and how long you dedicate to your studies, and also reserve time for recreational and leisure activities.

2. Practicar el autocuidado: Do not forget your physical and emotional well-being. Make sure you sleep well, come safely, exercise regularly and have adequate exercise during the study. This will help you maintain optimal energy levels and concentration.

Promote healthy and durable studio accommodations.

Finally, to maintain the property at large, it is important to take care of and maintain healthy studio accommodations. Here are some of the recommendations:

1. Establish a studio routine: Create a consistent studio routine and set a regular schedule. This is a propitious environment for the studio, avoiding distractions and devoting specific time to revising the material, hacer tareas and meals for exams.

2. Utilize effective studio techniques: Explore and use proven studio techniques, such as the volume of lessons, the elaboration of summaries, the practice with lessons and the teaching of other lessons. Learn about the techniques that work better for you and your consistent applications.

Related Teorías:

Theory of Constructivism:

The constructivism, based on the ideas of Vygotsky and Piaget, suggests that learning is an active process in which students construct their own knowledge. In this context, learning strategies are essential for students to manage and regulate their knowledge building process.

Theory of Autorregulation of Learning:

The theory of self-regulation of learning, explained by Zimmerman, explains the importance of students' ability to regulate and control their learning processes. Learning strategies, such as planning and monitoring, are fundamental.

Clave Concepts:

Learning styles:

The idea that students have their preferences and unique learning styles, as suggested by Kolb and Honey -Mumford, highlights the importance of adapting teaching and learning strategies to meet individual needs.

Autoefficiency:

La autoeficacia, concept introduced by Bandura, refers to the creencia of an individual in its ability to carry out specific tasks. The application of learning strategies can directly influence the construction of self-efficacy, thus impacting academic performance.

Arguments of Other Authors:

Paul Pintrich :

Pintrich has removed the importance of metacognitive and motivational strategies. The ability of students to regulate their knowledge (knowledge of their knowledge) and motivation is essential for their academic achievement.

David Kolb:

But it is based on the adaptability of teaching and learning, recognizing that students learn a variety of ways. Consideration of learning styles in the design of educational strategies can improve the effectiveness of learning.

This theoretical and conceptual approach establishes a solid foundation for the understanding of how the learning strategies impact on academic performance.

To integrate these theories and concepts, we hope to provide an integral base for the analysis and interpretation of the results of this study.

4. Metodology

- *Método y/o Procedimiento metodológico*

Method and Methodological Procedure:

Type of investigation:

This study adopted a mixed approach, combining quantitative and qualitative elements of investigation to obtain a more complete and holistic understanding of the relationship between learning strategies and academic performance in university students.

Quantitative instructions:

Design of investigation:

The quantitative investigation design is based on a survey base. It is designed to be a structured question that addresses the application of learning strategies and its perception by students in relation to their academic performance.

Población y Muestra:

The objective population consists of university students from various disciplines and levels. The music was selected in a random manner, ensuring representation of different areas of study and academic levels.

Data Collection Instrument:

The main instrument is a validated statement that evaluates the learning strategies applied by students, their perception of the effectiveness of these strategies and their current academic performance.

Procedure:

Se administró el questionario de manera electrónica través de plataformas en línea, garantizando la confidentiality de las puestas. A specific period is established for the compilation of data.

Cualitativa:

Design of investigation:

It was a qualitative exploratory design through semi-structured interviews with a subgroup of participants selected from the quantitative phase.

Show:

Selecting key participants with results removed in the quantitative phase, they will take a deep dive to explore in detail their experiences with learning strategies and their relationship with academic performance.

Data Collection Instrument:

Use a semi-structured interview guide that addresses specific aspects of learning strategies, application and perception of impact on academic performance.

Analysis of Datos:

The quantitative analysis involves statistical techniques such as descriptive and correlative analysis. For the qualitative analysis, we apply the content analysis framework, identifying emerging themes from the interviews.

This mixed methodological design allows for a deep and complete understanding of the relationship between learning strategies and academic performance in university students, integrating quantitative and qualitative data in a coherent manner.

- *Ethical aspects*
  1. Inclusion and Exclusion Criteria:

All participants included in the studio were university volunteers. We establish clear criteria of inclusion, such as actual matriculation in a university institution, and exclusion, such as the lack of informed consent.

2. Informed Consent:

Prior to participation, we provide each student with an informed consent form that details the objects of the study, the procedures, the confidentiality of the data and will be withdrawn at any time without consequences. Participation is completely voluntary and requires the explicit consent of each participant.

3. Confidentiality:

Please ensure that your participants remain confidential. A coding system is used to protect the identity of the participants, and only the investigation team allows access to the data. In any publication or presentation, the anonymity of the participants will be maintained.

4. Benefits and Benefits:

We clearly communicate the possible benefits of the studio, which include contributing to the understanding of effective learning strategies, as well as the possible minimum benefits, as well as the possible inconvenience of recording studio experiences. A protocol is established to handle any adverse situation that may arise during participation.

5. Respect for Intellectual Property:

It guarantees respect for the intellectual property of the participants. We will adequately cite all sources used in the studio and promote academic honesty. Any material cited or referenced is acquired with established academic and academic standards.

6. Manejo Etico de Datos:

We implement security measures to guarantee the integrity and confidentiality of the collected data. Access to data is restricted to the authorized investigation team, and a secure platform is used for data storage.

These ethical aspects are fundamental to guarantee the integrity and validation of the studio, as well as to respect the wishes and dignity of the participants. The ethical protocol is adjusted to the national and international standards and guidelines applicable to the investigation of human rights.

5. Results And Discusión

Hallazgos Cuantitativos:

Learning Strategies for Most Uses:

The investigation revealed that the strategies most used by students were due to time planning, effective training and active participation in classes. We have to rely on the literature that addresses the importance of planning and active participation in the learning process.

Correlation between Estrategias and Academic Performance:

We encountered a significant positive correlation between the consistent use of learning strategies and academic performance. The students who applied the most effective management strategies showed the highest qualifications in comparison with those they did not have.

Hallazgos Cualitativos:

Insights from Learning Estrategias:

The interviews reveal that some students understand the learning strategies as useful lessons, while others consider them relevant. This contrast destroys the need for greater understanding on the effectiveness of these strategies.

Factors that influence the application of strategies:

Factors such as academic performance, teaching style and the availability of students influence the effective application of strategies. These results reflect the importance of considering the context and external conditions when designing educational interventions.

Discussion:

Concordance with Teorías Previas:

The quantitative questions reflect the theories of Vygotsky and Zimmerman on the importance of planning and self-regulation in learning. Positive correlation rejects the idea that effective strategies impact directly on academic performance.

Descriptions in the Application of Estrategias:

The problems identified in the interviews indicate the need to address external barriers that may make it difficult to implement the strategies effectively. I suggest that the interventions should not be considered alone in the development of individual skills, but also in the educational environment.

Implications for educational practice:

The results reflect the importance of integrating learning skills into educational practice. Educational strategies that promote planning and self-regulation can significantly improve learning experience and academic performance.

This analysis of results provides a comprehensive view of the relationship between learning strategies and academic performance, connecting the hypotheses with existing theories and removing key areas for future investigations.

6. Conclusions

Identification of Effective Learning Strategies:

Se logró identificar las strategies de aprendizaje efectivas, siendo la planificación del tempo, la toma de apuntes y la participación activa en las classes las más destacadas. These hallazgos are packed with the first object of the studio.

Positive Impact of Estrategias in Academic Performance:

The significant correlation between the consistent application of learning strategies and the academic performance reflects the initial motivation and the second object of the study.

Recommendations for continued improvement:

Based on the results obtained, we recommend practical recommendations to improve the implementation of learning strategies in university education. These recommendations address the diversity of learning styles and changing demands, complemented by the third object of the study.

Integration of Quantitative and Quantitative Results:

The combination of quantitative and qualitative data allows for a more holistic understanding of the relationship between learning strategies and academic performance. This strong integration validates the conclusions and contributes to the analysis results.

Descriptions and Areas for Future Investigations:

We identify with the differences in the application of strategies, such as the influence of academic work and the style of teaching. These are the areas for future investigations, focusing on how to approach external barriers to improve the effectiveness of learning strategies.

Impact on educational practice:

The conclusions suggest that the integration of learning strategies into educational practice can have a significant impact on academic performance. This contains practical implications for educators and academic program designers.

This studio does not log its objectives, although it also offers a solid base to continue improving the implementation of learning strategies in university studies. The conclusions do not only inform the relationship between learning strategies and academic performance, but they also provide practical guidance to optimize the learning experience of university students.

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