

Habits For The Development Of Student Competences

Luz María Miranda Amezcua

National Autonomous University of Mexico,
Mexico City, Mexico.

Accepted 29 November, 2017.

ABSTRACT

This brief text aims to present the habits that the student should encourage in his day to day activities for the development of competences that are acquired by involving the skills, knowledge and the teaching learning process. Therefore it must operate in an integrated manner for both public and private educational institutions and thus recognize the main habits in learning. The vast majority of educational institutions work in an integral manner however to the extent that the student detects their best habits will acquire a differentiator for the implementation of skills.

Keywords: Habits, skills, student, skills, knowledge.

Introduction

A habit is at the intersection of three components: knowledge, skills and desire. Knowledge tells you what to do and why. The skills teach you how to do things. The desire is the motivation, your desire to do them. To convert a behavior into a habit, you need all three components. That is, the habit is a skill that is acquired by repeated exercise, the ineffectiveness of acquiring habits is not so much the technique, but the difficulty we all have to integrate the new habit in our day to day. But when it is part of a routine, everything changes radically since our lives are full of routines. The word routine is the enemy of creativity because it is the habit of doing things by mere practice and more or less automatically. The routine somehow prevents us from being aware in the present, this is reflected through our body day by day we do all our functions systematically as a machine, when we modify some of our functions we make it conscious in our mind.

For children mainly at early ages, their experience is completely routine. This repetitive act can overwhelm us so it will be necessary to be more creative with the everyday. Memory is the process by which knowledge or skills are conserved through instruction or experience with the passage of time our experiences become part of memory. When we talk about competences, we are referring to knowledge, skills and attitudes (knowing how to do, knowing how to know, knowing how to be) that students must possess to solve problems in real contexts.

As Martinet, Raymond and Gauthier (2001) point out; a competition is always a competition for action. The traits and characteristics are the foundations of learning, the student's equipment on what builds other experiences. The difference in these aspects helps explain why students seek different learning experiences and acquire different types of knowledge and skills that include school, home, work; giving result to the development of competences in which the skills, abilities and knowledge interact to form packages that have value according to the task for which they were gathered and the demonstration where the performance can be valued.

Students know how to focus on their studies when it is important while also taking breaks when necessary. They can manage their time sensibly, follow meaningful study schedules and make the most of their time in the classroom. In the process, students also know how to have a good time and love to acquire knowledge in the same way that they enjoy getting excellent grades.

The student in the learning experience

With the sum of the aforementioned I establish the following 10 habits considered the main axes for the development of skills that the student can demonstrate during the learning experience:

1. **Pay attention**, with this habit will develop the concentration competition.
2. **Take notes**, with this habit will develop the synthesis competence.
3. **Ask questions**, with this habit will develop the competence of teamwork
4. **Be punctual**, with this habit will develop the discipline competence.
5. **Measure your progress with tests**, with this habit the leadership competence will develop.
6. **Maintain positive relationships with teachers**, with this habit the communication competence will develop.
7. **Carry a diary**, with this habit will develop the organized competition.
8. **Use technological resources**, with this habit will develop the competence of management of tic's (information technologies).
9. **Set a study space**, with this habit the creativity competition will develop.
10. **Read**, with this habit will develop the competence of problem solving.

Conclusion

We can conclude that by implementing these habits every day as part of their learning experience, the student will have the

skills to demonstrate competences in the field where they will develop and will face the challenges that arise as the habits when applied in their own Experiences increase their skills and abilities, thereby improving their facet as a student.

References

1. Martinet, M., D. Raymond y C. Gauthier (2001). Formación de docentes: orientaciones, competencias profesionales. Québec: Ministerio de Educación
2. <http://www.ampliatuportunidades.com/como-formar-habitos/>
3. <http://mingaonline.uach.cl/pdf/estped/v36n1/art06.pdf>
4. <http://noticias.universia.com.ar/educacion/noticia/2015/12/28/1134421/5-habitos-tenes-evitar-periodo-examenes.html>