

Desarrollo de habilidades de estudio de los alumnos tutorados de la licenciatura en gerontología

Development of skills of tutored students in the Bachelor's degree study in gerontology

Desenvolvimento de competências de estudo de estudantes tutelado grau em gerontologia

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Resumen

En el ámbito educativo, el saber estudiar y el que los estudiantes apliquen una metodología de estudio, han sido una constante preocupación. El docente debe motivar en el estudiante el interés de la enseñanza de estrategias, para potencializar, controlar y regular sus procesos mentales de aprendizaje, lo cual permitirá mejorar su rendimiento y su capacidad de aprender autónomamente a partir de sus propios recursos. Las habilidades de estudio tienen como intención contribuir en el logro del éxito académico. **Objetivo.** Identificar la forma de estudiar y prepararse para sus exámenes de los Estudiantes del Nivel Superior.

Método. Enfoque cualitativo, alcance descriptivo, diseño no experimental. Muestra 68 sujetos de estudio de la Licenciatura en Gerontología. Se aplicó un cuestionario ¿Cómo es tu forma de estudiar?, está integrado por cinco dimensiones: **Lugar, Planificación, Clase, Estudio, Exámenes**, Se utilizó el programa estadístico SPSS, versión 19 para su análisis.

Resultados. En la dimensión **Lugar**, el 69.10 % cuida que exista una adecuada; **Planificación**, se encontró que el 7.4% dedica de 5 a 6 horas de estudio a la semana; **Clase**,

dice que el 51.5% anota solo lo más importante de las explicaciones y no intenta copiar todo lo que dice el profesor; **Estudio**, dice que el 48.5% siempre subraya las ideas y los datos de interés; **Exámenes**, se encontró que el 39.7% nunca realiza un esquema antes de contestar a cada pregunta. **Conclusión**. Estas actividades que se le aplica a los alumnos, nos sirve para mejorar las técnicas y sus habilidades de estudio.

Palabras claves: Hábitos de estudio, enseñanza, aprendizaje, estrategias, éxito académico.

Abstract

In the field of education, knowledge study and which students apply a methodology of study, have been a constant concern. The teacher should encourage student interest of teaching strategies, to promote, control and regulate their mental processes of learning, which will improve your performance and your ability to learn autonomously from its own resources. Study skills are intended to contribute to the achievement of academic success. Objective. Identify how to study and prepare for their examinations of the Students of Higher Level.

Method. Qualitative approach, descriptive scope, non-experimental design. It shows 68 subjects of study for the degree course in Gerontology. A questionnaire was applied, how is your way of studying?, consists of five dimensions: **Place, Planning, Class, Study, Exams**. The statistical program SPSS, version 19 for analysis was used.

Results. In **Place** dimension, the 69.10% cares it is suitable; **Planning**, found that the 7.4% dedicated from 5 to 6 hours of study per week; **Class**, says that the 51.5% record only the most important explanations and not try to copy everything the teacher says; **Study**, says that the 48.5% always emphasizes the ideas and data of interest; **Exams**, found that the 39.7% never made a scheme before answering each question. **Conclusión**. These activities, which applies to students, helps us to improve the techniques and study skills.

Key Words: study habits, teaching, learning, strategies, academic achievement.

Resumo

Na educação, o estudo do conhecimento e os alunos a aplicar uma metodologia de estudo, têm sido uma preocupação constante. O professor deve incentivar o interesse dos alunos em estratégias de ensino para potenciar, controlar e regular os processos mentais de aprendizagem, o que irá melhorar o seu desempenho e sua capacidade de aprender de forma independente a partir de seus próprios recursos. habilidades de estudo destinam-se a contribuir para a realização do sucesso acadêmico. Objectivo. Identificar como estudar e se preparar para os exames do estudante de nível superior.

Método. abordagem qualitativa, alcance descritivo, design não-experimental. 68 mostra sujeitos do estudo da Licenciatura em Gerontologia. Place, Planejamento, classe, estudo, testes, SPSS versão 19 foi utilizado para análise: Um questionário Como é a sua maneira de estudar, é composto por cinco dimensões foi aplicado.

Resultados. Coloque a dimensão, o cuidado 69,10% que não é adequada; Planejamento, constatou que 7,4% dedica 5 a 6 horas de estudo por semana; Classe, 51,5% disseram que a pontuação apenas os mais importantes das explicações e não tentar copiar tudo o que o professor diz; Estudo, 48,5% disseram que sempre enfatiza as ideias e dados de interesse; Testes descobriram que 39,7% nunca fazer um esboço antes de responder cada pergunta. Conclusão. Estas actividades serão administradas aos alunos, que serve para melhorar as técnicas e habilidades de estudo.

Palavras-chave: hábitos de estudo, ensino, estratégias de aprendizagem, o sucesso acadêmico.

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Development

In the field of education, knowledge study and which students apply a methodology of study, have been a constant concern. The teacher should encourage student interest of teaching strategies, to promote, control and regulate their mental processes of learning,

which will improve your performance and your ability to learn autonomously from its own resources. Study skills are intended to contribute to the achievement of academic success. Students, have the idea that studying is equal to read, repeat and memorize. To be able to acquire skills for the study, it is for them to develop their own learning techniques and not only the specific techniques that are taught.

According to Monereo (1997). The interest of teaching strategies lies in the potential that gives the subject to control and regulate their mental processes of learning, allowing them to improve your performance and especially its ability to learn independently from their own resources. The development of study and school learning skills aims to achieve academic success through the mastery of techniques and get students to reach tools and resources.

Justification

This research is aimed at the student to acquire knowledge to be able to apply it in their study skills, currently students have difficulty studying, causing students to dropout.

The instrument which applies to students is very complete, examines the five dimension mentioned later.

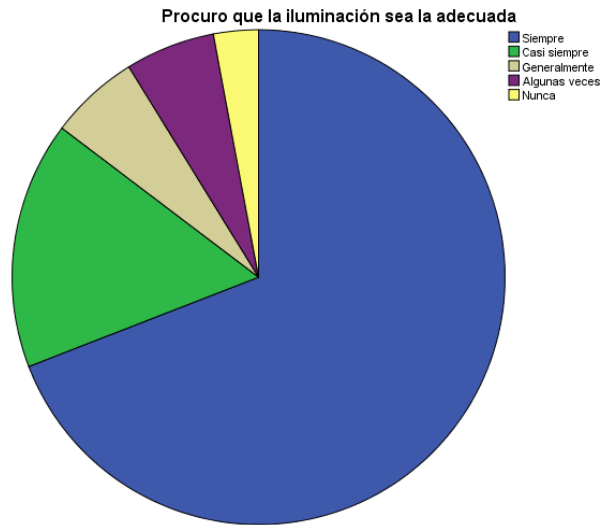
Objective Identify how to study and prepare for their examinations of the Students of Higher Level.

Material and methods

This research has a qualitative approach, with descriptive scope and a non-experimental design. With a sample of 68 subjects of study of the Degree in Gerontology of the Faculty of Nursing of the Autonomous University of Campeche. The instrument called: How is your way of studying? How are you a student? This instrument is composed of five dimensions: Place, composed of six items; Planning, integrated by nine items; Class, consisting of eight items; Study, consisting of seventeen items; Exams, composed of eleven items; A total of fifty reagents. The statistical program SPSS, version 19 was used for the analysis of results.

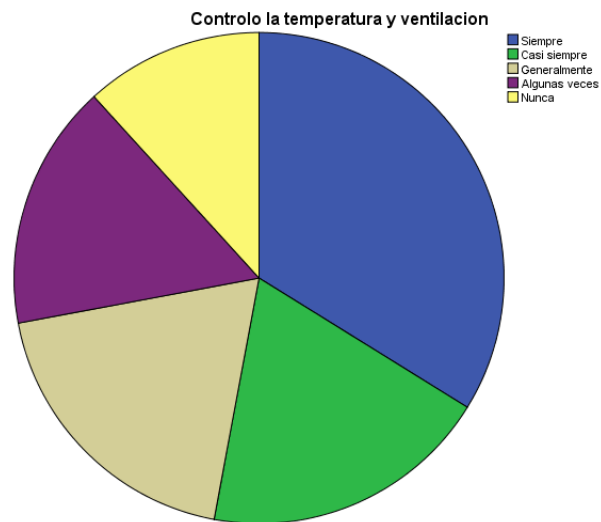
Results

In dimension one: Place, as shown in Figure 1, 69.10% care that there is adequate lighting when studying, in contrast only 2.9% never cares.



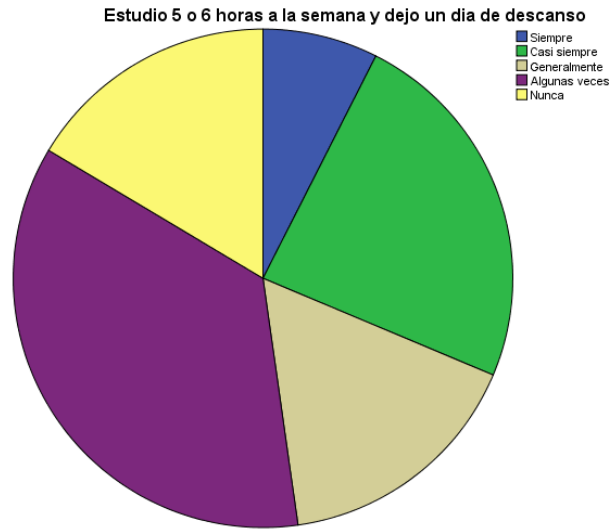
Gráfica 1

The 32.4% always study in the same place, in contrast to 5.9% never study in a fixed place. Only 33.8% are always interested that the ambient temperature is controlled. As shown in Figure 2.



Gráfica 2

In dimension two: Planning, it was found that 7.4% dedicates from 5 to 6 hours of study per week, with one day of rest, in contrast to 16.2% that never does (graph 3).



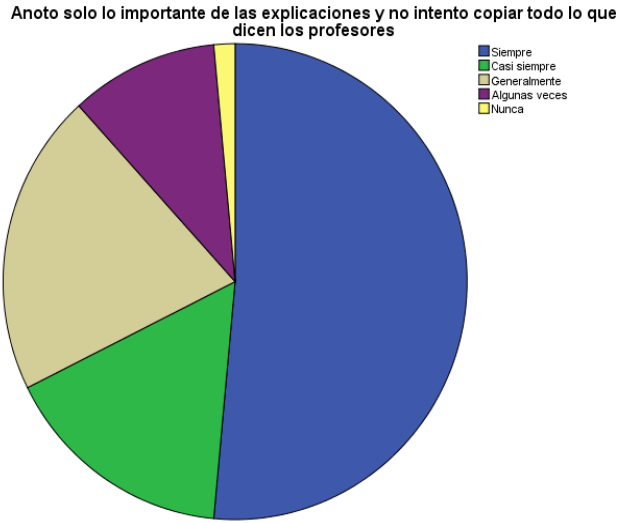
Gráfica 3

The 33.8% plan their time without imposition of their parents (graph 4).



Gráfica 4

In dimension three: Class, says that 51.5% write only the most important of the explanations and does not try to copy everything that says the teacher. As shown in figure 5.



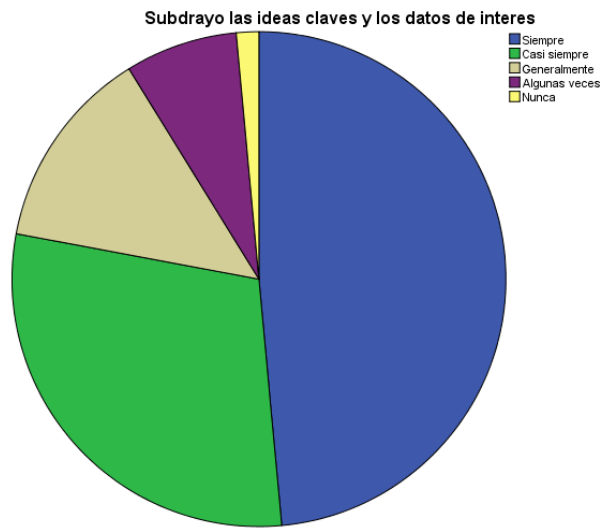
Gráfica 5

42.6% take note of exercises and explanations, and use abbreviations to save time when taking notes. 38.2% stated that they always have their notes checked and sorted by subject (graph 6).



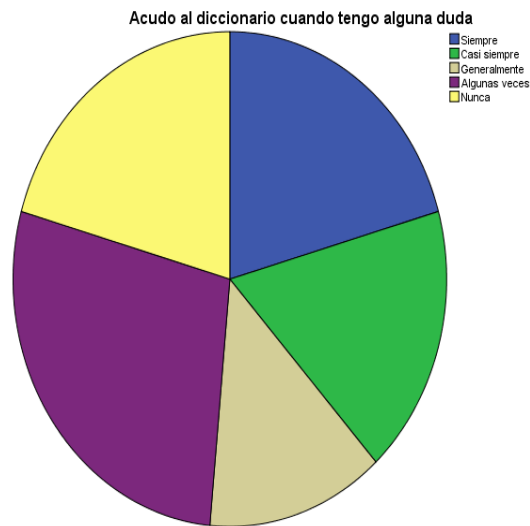
Gráfica 6

In dimension four: Study (see graph 7), says that 48.5% always underlines ideas and data of interest; 44.1% always try to make sense when reading it.



Gráfica 7

Only 20.6% always go to the dictionary when in doubt. Only 5.9% reviews only notes, schemes or underlined texts (figure 8).



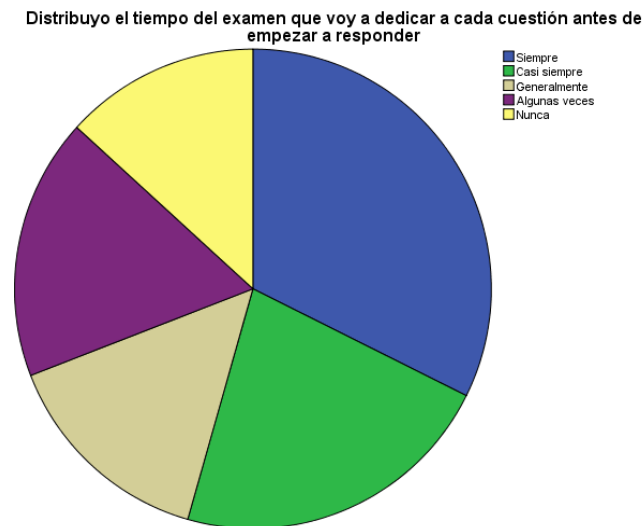
Gráfica 8

In dimension five: Exams (see graph 9), it was found that 39.7% never make a scheme before answering each question. Only 7.4% always respects the usual hours of rest.



Gráfica 9

The 32.4% always distributes the time of the exam that will dedicate before responding. 41.2% always confirm the time, date and place of the examination well in advance (graph 10).



Gráfica 10

Conclusions

In conclusion, the Place dimension, 69.10% care that there is adequate lighting when studying, this means how important it is to succeed the tasks or study is required of this. In the Planning dimension, it was found that 7.4% dedicates from 5 to 6 hours of study per week, with a day of rest, it is important the time that the student dedicates to the study.

In the Class dimension, he says that 51.5% write only the most important of the explanations and does not try to copy everything that the teacher says, sometimes the students copy what the teacher says.

In the Study dimension, it says that 48.5% always emphasizes ideas and data of interest, so that the student is easier to study and in the Exams, it was found that 39.7% never make a scheme before Answering each question was found that 39.7% never make a scheme before answering each question, what made the scheme is facilitated at the time of study and to be able to answer the exam.

It is important to note the importance of students in studying skills to be successful in their studies. In the Autonomous University of Campeche, there is a Coordination of the Institutional Program of Tutorials that offers courses and workshops to the tutors to acquire these skills and techniques when studying.

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