

How a Small, Unnoticed Habit Shaped My Academic Discipline

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Habits are very powerful in influencing our lives though it can be difficult to realize it at first. A habit, in my case one small and insignificant, which I came to learn in my college life, and which was reading one extra article every day, made a tremendous impact on my academic discipline. This small habit, which appeared minor, gradually changed my attitude towards learning, making it easier to grasp, and this was a part of my total academic performance.

In the first semester, I found it hard to match the content of reading that I had to do in my courses. At first, I did not treat the given resources and did not exceed them. Though, as I continued with my studies, I began to realize that the more I interacted with the content not in the curriculum, the more I comprehended and the more I mastered. I started to read at least one more article or one more chapter a day, and I concentrated on the topics that were interesting to me, yet not necessary in the syllabus.

This minor habit added up to the impact on my school work. Reading outside the textbook allowed me to be exposed to other perspectives and methods of conducting research that have strengthened my critical thinking skills. According to a study concerning the advantages of reading to achieve academic success, the exposure to additional materials, in turn, enriches the perspective of the students and contributes to their synthesizing knowledge (Anderson, 2015). In my case, this habit not only broadened my knowledge on the topic but also helped me to develop my writing skills since I could access more sources as well as have a greater pool of ideas, which I could use. Additionally, this practice enabled me to have a stronger time-management skill. I got to know how to include reading into my everyday routine, and I juggled reading with my course assignments and other tasks. It has become an important aspect of my education and the more I went on with this, the better I started to get

grades. I also gained a more confident position in the class discussions and presentation, as I had a wider foundation of knowledge to use.

When I consider this habit, I see that it was more of developing the mindset of lifelong learning, rather than reading additional material. One of the habits that I learned is the importance of being curious and doing more than is obligatory. It also entrenched the spirit of discipline because I made it a habit of reading in spite of the hectic schedule. Finally, the insignificant, seemingly minute, habit of committing and reading one extra article daily affected my academic discipline to a significant extent. It influenced how I learned and went about my work and studies, which enhanced my grades and made me adamant in lifelong learning. This practice might not have felt much importance then, but its implications were far reaching having a part to play in my development as a student and thinker.

References

Anderson, C. A. (2015). *The Impact of Supplementary Reading on Academic Performance*. Journal of Educational Psychology, 107(3), 725–735.