

# African Research Review

---

An International Multidisciplinary Journal, Ethiopia

Vol. 6 (3), Serial No. 26, July, 2012

ISSN 1994-9057 (Print)

ISSN 2070--0083 (Online)

DOI: <http://dx.doi.org/10.4314/afrrrev.v6i3.14>

---

## Using Education and Time Maximization for Effective Study Habits of Students in Tertiary Institutions

(Pp. 188-207)

**Osa-Edoh, G. I.** - Faculty of Education, University of Benin, P. M. B. 1154, Benin City, Edo State, Nigeria

**Ugiagbe, Francis E. S.** - Department of Business Education, College of Education, Ekiadolor, P. M. B. 1144, Benin City, Edo State, Nigeria

GSM: 08023782859

E-mail: [fesugiagbe@yahoo.com](mailto:fesugiagbe@yahoo.com)

### Abstract

*This paper explains that there is a blend of education and time maximization for effective study habits of students in Nigerian tertiary institutions. Education will certainly take its rightful place to enlighten and transform individuals, societies and nations as it will eliminate common problems like: being members of secret cults, participating in robbery, kidnapping, restive and terrorist activities. It also x-rays time management as an antidote to students and national development, and it has to be utilized wisely by students, leaders, individuals, and so on. The paper recommended, among others, that Nigerian students should shun all forms of time-wasting activities through sincerity, honesty, and accountability in every responsible activity so as to make sure that the reading culture and study habits are religiously strengthened on campus.*

**Key Words:** education, culture, transformation, time maximization, laboratory, study activities

### **Introduction**

Nowadays, nations of the world are passing through rapid changes, and education should not resist such changes, especially in information and communications technology and empowerment of the various levels of youths for wealth creation. Thus, the educational road-map of Nigerian citizens is boiling more violently today than ever before in this new millennium. Therefore, Nigeria is on the threshold of an exciting and revolutionary period in which the scientific study of every citizen will be harnessed in the best interest of economic development. This is why education must play its major part of transformation. It must accept the fact that a sweeping revision of education practices is possible and inevitable and could be blended with students study habits on campus, otherwise, it will become just a wishful thinking.

In this regard, this paper sees education as the development of all those capacities in the individual which will enable him or her to control the environment, and fulfil the latent possibilities for wealth creation. This is not possible if the learning process of an individual student does not match time management on campus so as to measure adequately the gains of education and time spent on certification.

In nature, time is the most precious factor in the lives of the mineral, vegetable, animal and human entities including the solar system which embraces moons, stars, planets, galaxies and beyond. It is also used to calculate and manage the payment of wages and salaries to all categories of workers throughout the world. Therefore, students are enjoined to tune themselves into their academic time frame; hence, an attempt is made in this paper to bring out the salient points that would assist them to manage it in their sojourns through campus life beginning from the various training programmes to when they would become useful to themselves after graduation. It mainly concerns the elimination of unnecessary campus life “time wasters” and imbibing a new culture of correct ethical time values that are known to encourage reading, studying and writing skills including laboratory practices. In this regard, every student must be up and doing to allot, spread and manage time as per priorities and need so as to fit into the time frame for classroom activities and laboratory competencies. Any wastage of time would definitely have adverse effects on their overall

academic performance and work effectiveness. Eventually, it will have a positive transfer of good living measures to all aspects of everyday life activities.

### **Concept of education**

Education is a body of knowledge; and knowledge, whether positive or negative, is very powerful. Adesina, Fagbongbe and Tarabi (1985) explained that the word “education” is not an easy concept to define because its definition is related to many variables such as the purpose of learning, the aim of teachers, and the problem or level of technological advancement which influences a society or nation. Some scholars see education as the ability to read and write, while some others choose to define it as the ability to read, write, and perform skills and become morally acceptable to one’s society. While Okon, Osam and Bassey (2010) opined that education is the provision of opportunity for an individual to realize the potential goals and abilities in life, which in turn, make the person a useful and happy citizen in the society.

Hornby (2006) sees education as “a process of teaching, training and learning of ideas especially in schools and colleges to improve knowledge and develop skills in a person from primary to university level.” Generally, it is the acquisition of knowledge, skills and expertise for the survival of man in an environment. The National Policy on Education (2004) defined education as “an instrument for social development and formation of ideas in a learner.” What this means is that education fosters the total worth of an individual. Denga (1993) defined education as “an on-going process that facilitates the learning and acquisition of skills that equip mankind to utilize the environment effectively for personal success in life as well as for the development of the society.

Alfred (2011) defined education as “a process of teaching, learning and training in schools, colleges, polytechnics and universities incorporating time, pain, creative thinking, progressive cultural ideas and utility of experience. They are geared towards the orientation of the mind, brain and body so as to perform and exhibit visible skills of change that are enduring, long-lasting and transferable.” The general goal of education is the attainment of valuable positive changes in both the individual and the society at large. It should be thought of as the process of man’s reciprocal adjustment to nature, to his fellow human beings or neighbours, and to the ultimate nature of the cosmos or the universe.

Saraydarian (2009) explained that when we speak about education, many of us think that we are referring to only schools, colleges, institutions, polytechnics and universities. It is more than this level because the author further explained that “education is the influence that causes considerable changes in our consciousness, family life and business relationships.” Therefore, when we look at education from the above view-points, we can say that education is of three kinds as follows:

- i. Education that cultivates and develops the latent possibilities within ourselves, creating in us the spirit of striving, teaching, learning, and becoming useful and creative human beings.
- ii. Education that fertilizes our blind urges and drives and makes us an irresponsible, careless, selfish, and greedy people. It teaches many of us the art of self-destruction and crime like membership of secret cults, youth restiveness, terrorism, wars, hooliganism, prostitution, election rigging/ballot-box snatching, political god-fatherism, armed robbery, kidnapping, money laundering, child-trafficking, ritual killing, certificate racketeering and so on.
- iii. Education that is general to all of us. It is cultivated from our various environments. They help to sharpen our thoughts, actions and speeches and influence us to have a balanced and discriminative approach to life-long learning activities. They are parts of the educational processes in general because they affect our consciousness; bring changes into our lives and into all levels of our relationships. It is cultivated from the following sources:
  - (a) Radio broadcasting and documentary programmes,
  - (b) Television broadcasting, cable networks, and documentary programmes,
  - (c) All kinds of theatre groups, plays, and music,
  - (d) All sorts of channels or mediums,
  - (e) All levels of prophets or futurists, etc,
  - (f) Newspapers, magazines and journals,
  - (g) Books of ageless wisdom teachings (including those of philosophical, psychological and theosophical groups),
  - (h) All kinds of publications like: tracts, bills/posters, etc.

- (i) Speeches, lectures, declarations, and all kinds of educational and religious institutions,
- (j) Leadership, followership, their words and life-style examples,
- (k) Doctors, lawyers, psychotherapists, and counsellors,
- (l) Our parents, their words and life-style examples,
- (m) Religious teachers, their words and life-style examples,
- (n) Opposing negative teachings and life-style examples of secret cult organizations, temples, or shrines throughout the world with evil intents, being self-centred, selfish, including the promotion and building of money and material acquisition empires of greedy interests of individual members; which generally go against the universal beauty of humanity.
- (o) Local, tribal, racial and international history, and
- (p) Community and societal traditions.

We can easily see that these three kinds of education exist side by side in our midst today. This is why we have many kinds of organized crimes, suicide bombings and wars that draw back the progress of humanity, and also, when we have scientific and technological discoveries which cause humanity either to move forward or backward on the ladder of evolution.

Tortoriello (2010) explained that consciousness “is the state of being able to use ones senses and mental powers to understand what is happening. It is actually the growth and unfolding of the presence of God in man; hence, man is always having the sense of responsibility and the power to see the next step of human perfection.” This is the reason why expansion of consciousness makes sure that purposeful education stands for the unity of nature and mankind. It insists that science must not be used for partial interests but for the interest of humanity and nature. Hence, education wants to save nature, to save our culture and to save humanity.

In this regard, we also say that education is an influence that is not only related to the sixteen items mentioned above, but is related to our: silent thoughts, silent aspirations, dreams, and wishes, our spiritual strivings, our achievements or our failures, our goals and visions. All these have a very strong effect on human consciousness, family, business relationships and lives.

Imagine what the television, video and radio programmes are doing to humanity, and how important it is that leaders of nations and humanity in any

field are enlightened people who can see the effects of their activities in human life and consciousness. How heavy will their bad deeds be if they are misleading the nation or humanity for their self or separative interests. We say that education is a life-long process, that is, it takes place throughout life.

### **Purpose of education**

The main purpose of education is to bridge the gap between the rich and the poor, and also to lead every youth and every adult to perfection of duties so as to save the human race from self-destruction, disease and ignorance. Let us use the following formula to explain:

#### ***(a) As an encouragement of perseverance in life***

Alfred (2011) opined that nothing great can be achieved or accomplished in this world without perseverance to accomplish higher levels of quality life. He further explained that perseverance is an inner focus that builds up concentration and positive tension. It also encourages the continuity to break through all our limitations. Saraydarian (2009) added that perseverance is a sign that our spirit is taking over our body. Many researchers are also of the view that perseverance is the sign that the “snow of obstacles, ignorance and disease is being melted away by the influence of the light of education.” According to Indian proverb, Badi and Badi (2011) explained that any person who lacks perseverance or striving in life is like “a frog that is living in a well.”

#### ***(b) As the spring of prosperity***

Smith-Teller (2010) opined that man is a learning being from infancy to adulthood, and wants to live in abundance and enjoy what he has learnt or gained. It is interesting that man has a natural tendency to live in abundance. He wants to live in physical, emotional, mental and spiritual prosperity.

#### ***(c) As a culture for transformation from poverty***

Alfred (2011) explained that culture is the custom, belief, art, way of life, and social organization of a particular group, community, society, country or nation. A good culture is possible when every human being in an environment possesses a sense of unity, synthesis, wholeness and the will to transform from mundane living to advanced one by keen obedience and observance of God's Laws.

A man of culture annihilates or arrests all the destructive elements in himself and eventually gives him a chance to free himself through the worship of

God's Love. This is the reason why a cultured and an educated person witnesses "a glorious star and becomes a rising sun" in the horizon of his beingness (Badi and Badi, 2011). Also, a cultured society or nation is composed of those human beings who are:

- (i) living harmoniously with each other;
- (ii) understanding, respecting, and appreciating each other;
- (iii) realizing and experiencing the beauty in each other; and
- (iv) trying to live in such a way that their lives do not only become a contribution for beauty but also are evoking agents for the beauty of others.

Emeka (2009) opined that education is the only viable instrument used to bridge the gap between "the rich and the poor" in any environment. This is the reason why it has become a culture of citizens in developing countries to always strive to train their children and wards from the primary education level to tertiary education. It is a good culture because a man of culture easily thinks, feels, acts, and speaks to further synthesize other members of the community. Hence, culture inspires and evokes unity. This is the reason why Saraydarian (2009) and Alfred (2011) opined that culture is closely related to education. Actually, there is no true education without the foundation of culture. The purpose of education is to create interest in man to search, to find, to unfold, and to know things about his environment and balance it with that of the universe. This is the prime goal of education.

Saraydarian (2009) stressed that transformation is "the feeling of an urge to put things in better order." A person causes transformation in his home, business, office, group, and nation. He causes transformation with his manners, emotions, thoughts, and motives. Things naturally change around a person who is on the path of enlightenment and transformation.

***(d) As a source for serving the human race***

The goal of education has been built upon individual interest or upon national interest. Now, it is changing to serving the human race for the common good. Every youth must know that all knowledge and talents must be used to lead humanity to perfection, peace, freedom and responsible relationships. The youth must realize that the state of the whole humanity is the only foundation upon which can be based his or her future happiness and success.

In this regard, many people are now seeing the reality that there is only one humanity, and that every nation, every group, every individual, man or woman, is affected by the constitution in which humanity lives. The new education is becoming global in the sense that its entire curriculum is based upon this foundation that humanity is one, and it is the sacred duty of every individual to serve humanity in a way that leads human beings towards perfection. Such a vision will create miracles in schools, colleges and universities, and for the first time in millions of years, education will serve its true purpose. For instance, Williams and Sawyer (2009) opined that computer technology is now being used to serve humanity throughout the world. This is why Planet Earth is now being referred to as “a global village.”

### **Concept of time maximization**

It is not easy to define the word “time” with just one sentence. Some researchers have defined it either from the way they perceived it or from the way they have gained from it. In a nutshell, Encyclopedia Americana (2001) explained that “time is a one-way flow at a pace that is slow enough to be perceptible. People feel, think and act in the time flow.” Therefore, time gives the impression of flowing or passing; hence, people seem to grow and develop through it. This is why time is described only in the language of material phenomenon and takes a measure. Hornby (2006) defined time as a measure which concerns how long it takes for something to happen or for somebody to do something; like carrying out a task either for the production of goods and services or for leisure and pleasure. Bardi and Bardi (2008) opined that time is one of the precious things which an individual, entrepreneur or country would have to manage. The authors further explained that time can neither be stored nor hired. This is the reason why time is a perishable and irreplaceable commodity which must be given extraordinary care and attention by everybody, including students. Every student is expected to abandon all manners of mediocrity by utilizing time beautifully and wisely so as to be free from unnecessary failures and weak passes in their various tests and examinations. Time maximization, therefore, is the ability of somebody to control himself or herself by eliminating unnecessary life-wasting activities or time wasters and assimilate a new culture of correct ethical time values which contribute to gaining a blessing by way of passing tests and examinations on campus. Failures and carry-overs indicate that they are curses. In this connection, the so-called ‘African time’ or ‘Afro time’ should not be allowed to grow in people’s consciousness

because it is a time-wasting one. The student is expected to eliminate unnecessary campus life activities and replace them with reading, studying and writing skills including laboratory competencies.

On time skill, Ekpenyong (1995) defined it as an “organized and coordinated pattern of mental and/or physical activity in relation to an object or other display of information, usually involving both receptor and effector processes.” It means that a skill is normally built up gradually in the course of repeated training or working experience. This is the reason why Lawal (2008) opined that time skill means any skill that has time as its critical element, and the learners are subjected to the pressure of working against the clock without a breakdown in their muscular relaxation or in their mental attitude of the struggle to attain success. Also, time skills have some basic features that are very common to all programmes of vocational and technical education as follows:

- (a) They have time as an absolutely unique element.
- (b) They require the acquisition of some practical sub-skills in learning a module or a cluster of modules.
- (c) They work through using appropriate technical language or words in a particular practical learning environment.

In addition to these, Lawal (2008) stressed that time skill is very important for proper acquisition of knowledge to take place because the learner must possess the following:

- (a) a good knowledge of English.
- (b) general intelligence must be above average.
- (c) a good ability to coordinate the brain, mind, hand and simultaneous general body movements where necessary.
- (d) There must be a proper blend in with the use of hands and fingers continuously for a long time.
- (e) There should be an effective sound discrimination in the laboratory from human beings, radios, televisions, telephones, GSM handsets, computer systems and different equipment, etc.

In this regard, Bardi and Bardi (2009) summarized that time is money and also a perishable resource or commodity which every human being must learn to master and utilize to the greatest advantage. Therefore, students should endeavour at all costs, to maintain a sense of serenity in all their activities while on campus so as to fit themselves properly into the gear of managing time wisely.

### **Principles of time maximization**

Saraydarian (2005:203) explained that only few students plan their time more than many others for studies; hence, they excel in their tests and examinations. Here are some principles and methods for guidance to the students:

1. Students should try to quickly adjust to departmental classes and laboratory activities as outlined in the relevant time table.
2. All students should quickly settle down to schedule their time tables for everyday study from Monday to Sunday. This ensures effective private study habits.
3. Students should also endeavour to cultivate good habits of listening to teachers during classes. Many students do not exhibit good listening skills in the class although they are not deaf. The reason is that some of them would be involved in doing other things that prevent them from listening to their teachers, e.g.: answering telephone calls when lectures are in progress.
4. Students should try to learn how to ask questions in the class. Many of them find it difficult to ask questions no matter how many times a lecturer pleads to students to ask questions on areas they do not understand.
5. Not only asking of questions, many students do not know how to tell a lecturer or instructor to explain in detail how to perform a task or job in a laboratory, field trip or farming environment. Students should correct this type of deficiency because it does not encourage competency or work effectiveness in the laboratory.

6. Students should attend their departmental, educational and general studies classes as allotted in their time tables.
7. Students should obey any change in the time table by any lecturer so as not to miss lecture(s) or laboratory practical(s).
8. Students should develop a strong will power and self-discipline regarding time value while attending lectures or practicals. Late-coming should be extremely abhorred.
9. Students should endeavour to develop a good focus on important rules and regulations concerning the use of laboratory or field trip materials like: pieces of equipment, gadgets, tools, instruments, machines, computer systems, and so on.
10. Students should switch off their GSM hand-sets whenever they are in the classrooms and laboratories. It is counter-productive because the mind, brain and heart coordination for listening to instructions will be divided, thereby, resulting in a heavy loss of time.
11. Every student should try to complete each assignment or job in allotted time, thereby, avoiding delay or doing it all over again.
12. Students should ensure that both quality and quantity should go together in the allotted time. One part should not be sacrificed for the other.
13. Try to allot time for each piece of work and start from the simple to the complex.
14. Students should abhor irrelevant discussions when a task or job is going on. Otherwise, they will be encouraging wastage of time and poor job performance.

**Time maximization in the classroom, laboratory and study activities**

This concerns maximizing classroom activity time-table, laboratory practical time-table and personal study time-table as explained below:

***(a) classroom activity time-table***

The student should copy a classroom activity time-table from his or her departmental notice board. While education and general studies activity time-table should be copied from the faculty or school notice board. He or she should make sure that the time-table is copied personally and should never rely on the ones copied by any classmate. Every student should be responsible for his or her own work on campus.

**(b) Laboratory practical time-table**

This is another important aspect of school life. It is the practical sections, especially in science, technology (including vocational and technical areas) that are used to blend what has been studied theoretically, and students should avail themselves of the rare opportunity which they may never get outside the schools. This segment enables a student to use his hands and legs including body movements in carrying out different tasks or jobs. Examples of different laboratories are common in the following areas:

- (i) Computer, Typewriting and Shorthand skills,
- (ii) Agricultural Farm projects and field trips,
- (iii) Home Economics Practical sections,
- (iv) Fine and Applied Arts studios and galleries,
- (v) Technical Drawing Rooms,
- (vi) Metal technology workshops,
  - (i) Automobile/Mechanical workshops,
  - (ii) Wood Work technology workshops,
- (viii) Electrical/Electronic Design/Research Workshops,
- (ix) Medical/para-medical activities, etc.
- (x) Biology, Chemistry and Physics laboratories.

**(c) Personal Study Time-Table**

A personal study time-table helps a student to study on his or her own so as to progress from one level to another in the school system.

**Table 1: Personal Study Time-Table (for Weekends)**

TIME	7-9 a.m.	9-11 a.m.	11-1 p.m.	1-3 p.m.	3-5 p.m.	5-7 p.m.	7-9 p.m.
SAT							
SUN							

According to Ipaye (1986) and Saraydarian (2005), a time scheduled for studying is also called a planner or a study time table. It is very essential for every student to prepare an effective study plan on campus. Any student, whether young or old, can always schedule his or her time for purposes of improving the effectiveness of his or her own knowledge and blend with laboratory practicals. What is needed is the will to have a personal time-table and stick to it religiously right from the beginning of every semester.

**Table 2: Study Time-Table for Week Days:**

TIME	5-6 a.m.	8 a.m. – 5 p.m.	5-6 p.m.	6-7 p.m.	7-8 p.m.	8-9 p.m.	9-10 p.m.
MON							
TUE							
WED							
THU							
FRI							

**Advantages of personal study time-table:** Some of the advantages of having a personal study time-table are as follows:

- (a) Students are able to study all the subjects they offer on a relatively equal time-basis, thus, leaving none of the subjects to suffer.
- (b) Students are able to distribute their study time properly and wisely, thereby, avoiding massed practice that leads to confusion.

- (c) As students have targets to aim at, they should practise on their own what they have learnt in the laboratories.
- (d) Students save time to settle down to their studies right away, instead of spending hours thinking of which subject to start or to read last at certain times.
- (e) Students are able to study and cover enough grounds confidently before any class test or examination takes place.
- (f) They are able to derive a regular personal satisfaction of studying and writing systematically. Such a habit will, in future, have a positive transfer to other aspects of life skills and living culture.
- (g) It will assist students to minimize unnecessary noise-making, petty jealousies, answering unbeneficial telephone calls, attending parties and church night vigils during tensed up tests and examination periods. Students should remember that there are no 'miracles' to passing examinations except through an organized reading culture.
- (h) Students are able to minimize weekend travelling and other unprofitable journeys like prostitution, armed robbery, kidnapping and secret cult activities.

In this regard, there are no known disadvantages of any student or individual having a well-planned private study time-table on campus. Can you think of anyone?

### **Time maximization as a requirement for effective study habits**

Time is an absolutely unique requirement for effective study habits at all levels of education in Nigeria. In this respect, many students are yet to imbibe a profitable reading, studying and/or writing culture while on campus. Some of them see the institutions as freedom from the home to do whatever they like. This is a wrong idea. It is at the tertiary institutions' level that students ought to consolidate on their study habits so as to enable them cope with the numerous subjects or courses they are offering and which they must pass with flying colours in every semester until they graduate. In addition to this, VTE students have greater responsibilities towards studies because of practical sections of their training which must blend with theories learnt. Doing this is not very easy because time has to be well expended for both theory and practical activities. Of course, the needed work competencies

should be realized without compromising time maximization for laziness and poor job performance.

**A. How to study:** This involves allotting time to study for gainful knowledge. Many students think that reading through a text-book or note-book only once is enough to gain knowledge and wisdom. Some believe that practicing to do a piece of work in the laboratory, field trip and a computer system environment only once is also enough. This is also wrong. For example, if somebody just listened to a sweet song from a CD, he/she cannot know the wordings at once. He can only know the meaningful words by playing the CD back again and again. It also means that he has deliberately involved himself in allotting viable time to make sure that he knows the song. This method is applicable to private study. Somebody cannot acquire a piece of knowledge by reading through it only once. He or she must leave the hostel room for the classroom space or library, and must sit down on a chair with a table to accomplish this. Sitting on a chair will greatly assist a student to read a piece of material many times and be able to jot down important points as he/she does so. In this process, the student will not only know the points, but will also know the spellings of words and their technical functions including the ability to draw useful diagrams. All these will form ready materials for revision during tests and examinations with confidence. Also, a good planned spacing for reading between subjects is essential.

In addition to the above information, the same method applies to any practical activity in the laboratory. After the students have been taught the various rudiments involved in carrying out a practical job competency, they would have to repeatedly perform the tasks on their own and try to gain mastery at the same time without compromising wastage of materials and laziness or by quarrelling with the tools or machines.

**B. Taking down meaningful notes:** This is a very important exercise when a student is reading privately as said earlier because of the fact that many lecturers have their own study materials. They do not need to copy some information on the board. The only time a lecturer would have to copy some information on the board is during a practical session. In this regard, Ipaye (1986) advised that it is very important for students to learn how to make their own notes. This is so because such notes encourage concentration on any learning activity. Making notes also help students to link new ideas to what they have already known. Ugiagbe (2011) opined that students should learn to draw the relevant diagrams or sketches of any tool, machine or

instrument used. This will make their future industrial training to be meaningful, when they will be required to draw or sketch out any machine, tool or instrument used on their Students Industrial Work Experience Scheme's Log Book.

**Some methods of taking down notes:** This is very important to students in the sense that it will make them to understand what they have read before taking down any note, and the following will certainly help:

- (a) **Paraphrasing:** This means taking down notes from paragraph to paragraph by changing or rendering them into students' own words. It brings out major ideas in addition to the students' own interpretation. Examples are found in English Language, Literature in English and other arts subjects.
- (b) **Patterned notes:** This is the arrangement of a note in such a way that it gives a pattern like bringing together under a major topic, the principles, key words, and clusters of ideas. They have to be linked together so as to bring out a brilliant meaning. Examples are found in Pharmacy, Science, Medicine, Music, Fine Art, Economics, Geography, Engineering and so on.
- (c) **Summarization:** This is the taking down of the main 'meat' or piece of information. The student may use some phrases and key words including some technical words to buttress the summary. The whole idea should flow naturally.

**Where to study:** Students should know that where to study matters a great deal on campus life. It refers to the appropriate place where effective study could take place uninterrupted. Definitely, the hostels and common rooms are no good places to study because of attractive noise from the radios, televisions, videos/DVDs and other unwanted side attractions. Therefore, the student should use either a free classroom space or the library.

#### **Benefits of time maximization to students**

Here are some benefits of time maximization to students:

- (i) **Increased reading, writing and studying skills:** As the student is able to discipline himself or herself with regular attendance at lectures, and blending it with private study programme, time is efficiently utilized as he or she is able to adjust to school or campus life.

- (ii) ***Increased usage of the library:*** The student is able to use time wisely by consulting books and sourcing for relevant materials regularly concerning assignments and other information.
- (iii) ***Gaining of self-confidence:*** Regular reading and writing by students are a good guarantee to gaining self-confidence in studies. Such students are always helpful to other weaker ones by organizing tutorial classes for them either after regular classes or when examinations are approaching.
- (iv) ***Increased laboratory tasks:*** When students are able to manage time in the laboratory floor plus a good blend of theoretical knowledge, they are sure to gain quick mastery and work competencies. Invariably, they are the ones that can easily set up their own small-scale businesses after graduation. Students should know that an efficient laboratory worker is the one that is likely to attract good customers when the time comes.
- (v) ***Attitude of giving priorities as per need:*** This is another benefit of time management as it will aid students to prioritize their classroom assignments and individual reading over unnecessary weekend travelling out of campus environment. Many students are guilty of this because it is the cheapest way to waste time during campus life. One heavy penalty is that many of the students fall within the carry-over brackets.
- (vi) ***No Time is left to join secret cult groups:*** Naturally, when students busy themselves throughout the week by attending classes, laboratory sections and private reading exercises, they will hardly have time to join any form of secret cults. Such groups are known all over the world for their time and life wasting activities. It is the idle mind and the lazy students that look for masqueraded arenas for artificial help which fizzles out easily. Such students would always hide under crime throughout their life time.
- (vii) ***Reduction of abuse of drug and sex abuse on campus:*** Good students can never allow themselves to be open to abuse of drug and sexual abuse. Such behaviours do not support good academic achievement. Students should know that many hazards are associated with drug abuse like madness or insanity while sex abuse could lead to complications of the internal body mechanism in

future due to some undiagnosed sexually transmitted diseases including the ravaging effects of HIV and AIDS pandemic throughout the world.

### **Recommendations**

From the foregoing, therefore, some recommendations are hereby made:

1. All tiers of government in Nigeria should give education a top-class priority that is backed by political will because it is the enlightened citizens that would give birth to good leadership and followership alike. It is easier to enlighten an educated environment than to have an unplanned educational economy.
2. As computer technology is becoming a fast-growing tool for work, all stakeholders in the educational sector should encourage their teachers to train and re-train in computer literacy. Such an exercise would enhance their productivity and motivation in the work-place.
3. As time is very important to every living thing in the universe, students, leaders and followers should utilize time wisely through enthronement of honesty and accountability in every responsible activity they undertake. When it is lost, it will never be regained.
4. Students should be advised by appropriate units of tertiary institutions to use time wisely while on campus, and that time-wasting activities like: membership of secret cults, hooliganisms and unprofitable journeys are inimical to the cultivation of reading, studying and writing skills. It is the anxiety to go to school that attracts the interest to learn effectively.

### **Conclusion**

This paper has x-rayed education and time maximization as an antidote to effective students' study habits in Nigerian tertiary institutions. It has attempted to bring out education as an instrument of transformation that could strengthen students' seriousness to face their studies on campus and by their ability to allot time for studies as per their need. It has also elicited time management as a challenge to Nigerian students because it has become very important in every aspect of national life. It further opined that time-wasting activities are a menace to development like: all forms of hooliganism, armed robbery, kidnapping, prostitution, corruption, secret cult membership, and unprofitable weekend travelling.

## **References**

- Alfred, T. O. (2011). *Education for Enlightenment*. Boston: Downs Publishing, Inc.
- Adesina, S., Fagbongbe, E. O. & Talabi, J. K. (1985). *Foundation Studies in Education*, Ibadan: University of Ibadan Press.
- Badi, R. V. & Badi, N. V. (2008). *Entrepreneurship*, Delhi (India): Vrinda Publications (P) Ltd.
- Badi, R. V. & Badi, N. V. (2011). *Entrepreneurship in West Africa*, Delhi (India): Vrinda Publications (P) Ltd.
- Denga, D. I. (1993). *Education at a Glance: From Cradle to Tomb*, Calabar: Rapid Educational Press Ltd.
- Ekpenyong, L. E. (1995). Methods of Teaching Business – Office Skills, a Mimeograph Series 1, Department of VTE, Faculty of Education, University of Benin, Benin City, Nigeria.
- Emeka, S. E. (2009). Business Teacher Education in Nigeria: Projecting a New Direction. *Business Management Journal*, 3(5), October, 154-165.
- Encyclopedia Americana (2001). Time. Boston: Encyclopaedia Americana Pub., Inc.
- Federal Republic of Nigeria (2004). *National Policy on Education*. Yaba-Lagos: NERDC Press.
- Hornby, A. S. (2006). *Oxford Advanced Learner's Dictionary for Current English*. Oxford: University of Oxford Press.
- Ipaye, B. (1986). Educational Guidance in *Educational and Vocational Guidance* (ed. Ipaye Tunde), Ile-Ife: University of Ife Press.
- Lawal, I. O. B. (2008). Teaching Time Skills to Physically Challenged Learners, *Technical & Vocational Education Journal*, June, 1(2), 31-39.
- Okon, C. E., Osam, O. E. & Bassey, A. O. (2010). Recreating Education for Self-Reliance and Marketability of Nigeria Education Products. *Journal of Qualitative Education*, May, 6(4), 90-95.

- Saraydarian, T. (2005). *Leadership Volume 5*, Cave Creek (USA): TSG Publishing Foundation, Inc.
- Saraydarian, T. (2009). *Education as Transformation Book One*. Cave Creek (USA), TSG Publishing Foundation, Inc.
- Smith-Teller, O. S. (2010). *Teaching and Learning in Nigerian Public Schools*. Jos: Goodwill Press.
- Tortoriello, G. C. (2010). *Education and Consciousness*, Freetown: Dawns Publications.
- Ugiagbe, F. E. S. (2011). *Key Elements of Vocational and Technical Education for Nigerian Students*. Benin City: Golden Prize Publishers.
- Williams, B. K. & Sawyer, S. C. (2009). *Information Technology – A Practical Introduction to Computers and Communications*. New York: McGraw-Hill Technology Education.