

## **Building Effective Study Habits in Students Through AI Tools: The Case of AI Tool Habitica.**

Study habits are how pupils acquire new knowledge. This facilitates efficient acquisition of knowledge, such as the practise of recording information, allocation of time, attentive participation, and methods for retaining information. Effective study habits help students understand and retain course knowledge, improve academic performance, and prepare for assessments (Khalaf, Bin Abdulrahman, Bin Abbas, & Alanazi, 2021). Study habits are a person's consistent pattern and behavior during learning. Study habits are a student's routines. Poor study habits may hinder learning. Students learn effective study methods during school. How can AI assist educators in developing their students' studying habits?

### ***Teaching Objectives***

The integration of technology in education has led to significant advancements in study habits, like, transforming how students learn (Ammade et al., 2018). The contemporary era of technology-enhanced education has witnessed considerable breakthroughs in study habits, which encompass the use of digital note-taking tools (Belson et al., 2013), interactive study aids (Halwani, 2017), self-directed learning (Adi et al., 2022), and online collaborative environments (Esposito De Falco et al., 2017) while online collaborative environments foster collaboration and peer interaction (Mahmud & Wong, 2018). These advancements have improved engagement and learning outcomes (McDonald et al., 2014) and a number of other aspects in the digital age.

Positive habit building can be urged through an AI tool named "Habitica" which helps students develop good habits by allowing them to set daily tasks and rewarding them for completing them consistently. The app tracks their habits, providing insights into their progress and helping they identify areas where they can improve. The gamified approach and rewards system keep they motivated to maintain their habits and achieve their goals. As far as goal setting and achievement are concerned, they can create personalized goals and break them down into smaller, manageable tasks within Habitica. The app helps they track their progress towards their goals, providing a visual representation of their accomplishments. The game mechanics and rewards system encourage students to stay focused and motivated as they work towards their goals.

Social constructivism can be promoted as an educational approach by relying on the application's social features. To analyze further, social accountability is fostered as they can join groups, collaborate with others, and participate in challenges, fostering a sense of community and encouraging social accountability. Students can join groups with other users who share similar goals, fostering a supportive and collaborative environment. They can also take part in challenges to compete with others and push themselves to achieve new milestones. The social aspects of Habitica encourage them to stay accountable to themselves and others, making the process of building habits and achieving goals more engaging and fun.

### ***Teaching Procedures***

As mentioned above Habitica is a gamified productivity app that helps users build good habits and achieve goals by turning their real-life tasks into an RPG (Role-Playing Game) experience. It leverages game mechanics like experience points, levels, gold, and virtual items to motivate users to complete tasks and stay on track with their goals. To elaborate further on the application, Habitica transforms students' to-do list into a game, where they create an avatar, set goals, and earn rewards for completing tasks. Through completing tasks, they earn experience points, gold, and in-game items, which can be used to customize their avatar and progress in the game. What is more, it allows them to track their habits, daily tasks, and to-do lists, helping them stay accountable and consistent. As pupils complete tasks, their avatar levels up, gaining new abilities and gear, providing a sense of achievement and motivation.

Here are some steps for educators to follow in order to incorporate Habitica into their teaching practice:

### **Account Creation and Basic Navigation (20-30 minutes)**

1. **Access:** Guide students to the Habitica website ([www.habitica.com](http://www.habitica.com)) or the app store to download the app.
2. **Sign-Up:** Instruct students to create individual accounts. Emphasize using a school-appropriate username and, if possible, linking it to a school email address for easier management later (though not strictly necessary for basic use).
3. **Avatar Creation:** Allow time for students to personalize their avatars. This small step increases their sense of ownership and engagement.
4. **Interface Overview:** Walk students through the main sections of their new Habitica account:
  - **Habits:** Explain how to add positive (green) and negative (red) habits. Provide examples relevant to school (e.g., "+ Study for 30 minutes," "- Procrastinate on homework").
  - **Dailies:** Show them how to set up recurring daily tasks (e.g., "Complete Math Homework," "Read Chapter 5," "Review Notes"). Emphasize these reset daily.
  - **To-Dos:** Explain how to add one-time assignments or projects (e.g., "Finish Essay," "Prepare Presentation").

### ***Advantages & Limitations***

An additional advantage of Habitica is that users need to be at least 13 years of age in order to use the application. Parents concerned about letting their child use the application without parental controls or want to let their teenager child use it to motivate them to complete their chores, they could let them have an account which they control on their device. Doing this, they can let their child create their character and use the application under supervision, and they check off their tasks when they complete them.

Even though creating effective studying tools through the usage of an AI tool can be fulfilling and entertaining, there certain challenges and limitations which need to be considered. The overreliance on AI in educational settings can act as a deterrent to

students' ability to engage in deeper learning and creativity, and hinder their ability to develop problem-solving skills independently. Furthermore, the convenience AI provides may inadvertently promote passive learning behaviors, hinder interpersonal communication, and cause emotional and social detachment.

All things considered, owing to these issues, it is necessary for educators and institutions to impose a careful balance between leveraging AI for educational benefits and preserving the irreplaceable human elements of teaching. By complementing AI tools with the active involvement of teachers and establishing an educational ecosystem that encourages critical thinking and social engagement, it is likely to mitigate the emerging negative consequences. Ultimately, AI should be viewed as a supplemental tool rather than a replacement for human educators, ensuring that the long-term impact on students remains positive and holistic (Khalko et al., 2024).

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Online Resources

[www.habitica.com](http://www.habitica.com)