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Impact of Study Buddy: A Mobile Application for Student Habits and Time Management on the Academic Performance of Senior High School Students at SEAIT

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Abstract

This study focused on the Impact of Study Buddy, a mobile application designed to improve the academic performance of Senior High School students at the South East Asian Institute of Technology, Inc. (SEAIT) through the development of effective study methods and timely management. The Study Buddy incorporates features such as a habit tracker, time management and scheduling, a study sessions tracker, digital study notes, and a goals and achievement dashboard. Study Buddy used a Descriptive research design to collect data from 150 Senior High School students. The collected results revealed the System Usability Scale (SUS) score of 62.75%. The Study Buddy application will connect mobile devices and educational productivity tools that lessen hurdles in students' learning and academic achievement. This paper concludes that the Study Buddy application is a program with the potential to boost students' discipline, flawless efficiency in time management, and their future academic success in Senior High School.

Keywords: Study Habits; Time Management; Academic Performance; Mobile Application

1. Introduction

1.1. Background and Context

Our contemporary world is experiencing many new crises, and students are, more than ever, having a hard time coping with different study patterns, time structuring, and a variety of academic tasks. Mobile apps certainly are among those tools that are not only easy to install and use but also useful to enhance productivity as well as organization among students. This application is Study Buddy, a very basic platform made for senior high students at SEAIT, whose basic purpose is to help pupils create a plan of study, manage time, and keep a record of studies done. The app features include habit-tracking, customizable alarms, studying interval-recording, digital notetaking, as well as objective setting, all in order to make a student learn more productively. The aim of this research is to investigate the decisive role of the integration of digital tools such as Study Buddy in enhancing students' learning behaviors and achievements, thus enabling the students themselves to excel in their academic assignments.

1.2. Research Problem

Although there are currently many digital tools available for education, School SEAIT Senior High students still have major problems in time management and the adoption of study habits, which cause their poor academic performance. This study is an attempt to understand whether Study Buddy App can be a solution for time management, creation of good study habits, and ultimately improving academic performance.

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1.3. Research Questions and Objectives

- How does the Study Buddy mobile application influence the time management skills of students?
- To what extent does the use of Study Buddy improve student's study habits?
- How do the features of Study Buddy, such as habit tracking and time management tools, influence the academic performance of the students?

1.4. Objectives

- To design Study Buddy mobile application meant at improving student's time management and study habits.
- To integrate habit tracking and time management tools within the Study Buddy system to support and enhance student's daily study routines.
- To implement features such as customizable schedules, reminders, and study session tracking in Study Buddy to improve student's academic performance.

1.5. Justification and Significance

This study aimed to deal with the usual difficulties that the Senior High School students meet in the processes of time management and study habit development. Through the creation of Study Buddy, a mobile application that helps students customize their study routines and enhance academic performance, the research gives a solution that corresponds to the digital learning conditions of this era. The idea of Study Buddy is to provide students with study aids such as habit tracking, customizable schedules, study session tracking, digital study notes, and goal setting, in order to help them meet their deadlines, eliminate procrastination, and form better time management habits. Because the app can be used on various devices, students can take control of their learning process wherever they find themselves and at any time, making it easy for them to remain focused and productive. In addition to showing how Study Buddy can enhance study effectiveness, this article makes a contribution to educational technology by illustrating ways that mobile applications can be used by students to promote academic achievement, which is reflected in improved organization and focus during learning.

2. Literature review

2.1. ScheduleME - Smart Digital Personal Assistant for Automatic Priority Based Task Scheduling and Time Management

Load management becomes a challenge for university students when they have to balance homework, projects, and many personal tasks. Trello and Asana, along with the other available time management systems, might be helpful, but they ask students to enter tasks, rank them, and follow some steps, which might waste time and be annoying. ScheduleME is one possible version that addresses this problem by being a smart digital personal assistant that in itself collects tasks, ranks them by priority, and schedules them according to study processes and other daily life processes. The app for mobile devices is very minimalistic, with only the needed info coming to help the students stay on top of things without showing what they do not need. By emphasizing intelligent work breakdown, personalization in scheduling, and user-based app design, ScheduleME eliminates the hassle of time allocation, allowing users a smart and quick way to make their lives work despite the school tasks in the equation.

2.2. Design and Implementation of a Time Management Self-Help Mobile App for College Students

Design and Implementation of a Time Management Self-Help Mobile App for College Students College students, particularly students in the STEM disciplines, are facing huge challenges in time management, juggling between classes, part-time or full-time jobs, extracurricular activities, and social activities. Evidence has shown that academic success in college students is directly associated with their time management skills. Furthermore, a significant fraction of students suffers from procrastination issues. Unfortunately, such students are not receiving adequate help despite the fact that virtually every college in the US provides a suite of student-centered services such as counseling services. In this paper, we review studies related to academic procrastination, identify primary factors associated with academic procrastination, and major interventions towards reducing academic procrastination. Furthermore, we describe the design and implementation of a time management self-help mobile app to help college students manage their time and overcome issues that lead to procrastination. The self-help app allows a student to set goals on time allocation, to organize tasks, to enter progress made, to review history of performance, and to get support (such as available student services) via a local chatbot. The app incorporates several well-known mechanisms for reducing academic procrastination (Zhao, W., et. al., 2023).

2.3. Curb Your Procrastination: A Study of Academic Procrastination Behaviors vs. A Planning and Time Management App

Curb Your Procrastination: A Study of Academic Procrastination Behaviors vs. A Planning and Time Management App Procrastination is a major issue faced by students which can lead to negative impacts on their academic performance and mental health. Productivity tools aim to help individuals to alleviate this behavior by providing self-regulatory support. However, the processes of how these applications help students conquer academic procrastination are under-explored. Particularly, it is essential to understand what aspects of these applications help which kinds of students in accomplishing their academic tasks. In this paper, we address this gap by presenting an academic planning and time management app (Proccoli) and a study designed to understand the association between student procrastination modeling, in-app behaviors, and perceived performance with app evaluation. As the core of our study, we analyze student perceptions of Proccoli and its impact on their study tasks and time management skills. Then, we model student procrastination behaviors by Hawkes process mining, assess student in-app behaviors by specifying planning and performance-related measures and evaluate the relationship between student behaviors and the evaluation survey results. Our study shows a need for personalized self-regulation support in Proccoli, as students with different in-app studying behaviors are found to have different perceptions of the app functionalities and the association between the prompts for social accountability students received by using Proccoli and their procrastination behavior is significant ((Zhao, S., et. al., 2023).

3. Methodology

3.1. Research Design

This study adopts a mixed-methods approach, combining qualitative feedback from surveys and interviews with quantitative data from usage tracking and academic records. A longitudinal design will track the students' usage of the app over an academic term to assess both short-term and long-term effects.

3.2. Participants

A study on 150 Senior High School students from SEAIT will be performed. They are the participants of the Study Buddy app that they will be working with throughout the entire semester. They will be chosen randomly to ensure that their academic and study behavior backgrounds are heterogeneous.

3.3. Data Collection

The survey, app usage statistics, and academic test scores will be used to collect the data. At the semester start and close, students will fill a survey assessing time management, study strategies, and academic achievement. Usage statistics will enable us to find out the number of times students use the product, which functions are utilized, and how long the product is used. Finally, academic reports consisting of grades and test scores will be scrutinized before and after the app is implemented in order to know whether any positive changes are observed in the performance.

3.4. Data Analysis

The responses from the survey and the subsequent academic results will be assessed by descriptive statistics. The evaluation will provide the correlation between Study Buddy's application and the actual enhancements in time management capabilities, study habits, and academic results.

4. Ethical Considerations

The privacy and safety of every participant will be guaranteed through informed consent and the right to withdraw at any time. From surveys and the Study Buddy app to academic studies, all information will be concealed and anonymized. The Study Buddy app implements data protection policies to safeguard personal data. To accomplish a similar objective of using the app as a way to have positive enjoyable study experiences, the proposed plan will protect against the app's features making users feel stressed or dependent on using the system.

5. Advanced HCI design

5.1. System Architecture

Study Buddy is a peer mentorship program that offers non-academic support to low-achieving students. Through Study Buddy, students receive academic support, motivation, and peer support. This program uses several fundamental features, such as mentor-student connections, live talks, tracking of steps, and reviews to store information, interact with the users, and adapt to their preferences.

Key components include:

- *User Interface* – User Access the system using a mobile application.
- *Habit Tracker* – Monitors, logs, and analyzes the student's study activities.
- *Manage Schedules* – Module for creating, editing, and categorizing all study times, appointments, and deadlines.
- *Manage Digital Notes* – Module for creating digital study materials.
- *Manage Goals & Achievements* – Manages the goals and achievements unlocked.

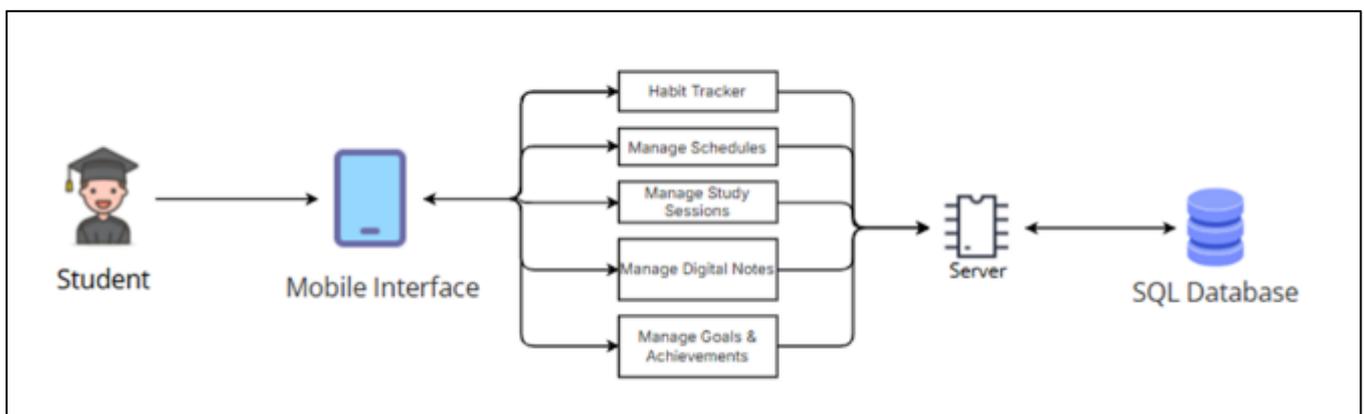


Figure 1 The diagram illustrates the Study Buddy System. The system connects students with its mobile interface through modules for habit tracking, schedule management, study session coordination, digital notes management, and goal tracking.

5.2. Software Engineering Methodology

The Incremental Process Model was implemented for these Study Buddy research objectives through several brief cycling iterations (as shown in Figure 2). Addressing Objective 1, each increment focused on creating and delivering key components of time-management UI/UX scheduling, reminders, dashboard navigation, and basic data persistence so functionality could be integrated and tested in iterations with students. Objectives 2 and 3 allowed for features to be tested incrementally, with the Study Buddy team gathering usage and engagement data to guide incremental enhancements to the app. For Objective 3, the incremental process allowed Study Buddy developers to continuously evolve and improve the evaluation system usability, accessibility, and functionality instruments combined with web analytics that link app use to academic indicators through repeat usability tests and feedback loops with the target cohort. Thus, this incremental process kept the evolution of the app closely focused on the research objectives while balancing maximum quality, user satisfaction, and potential influence on study patterns and time management.

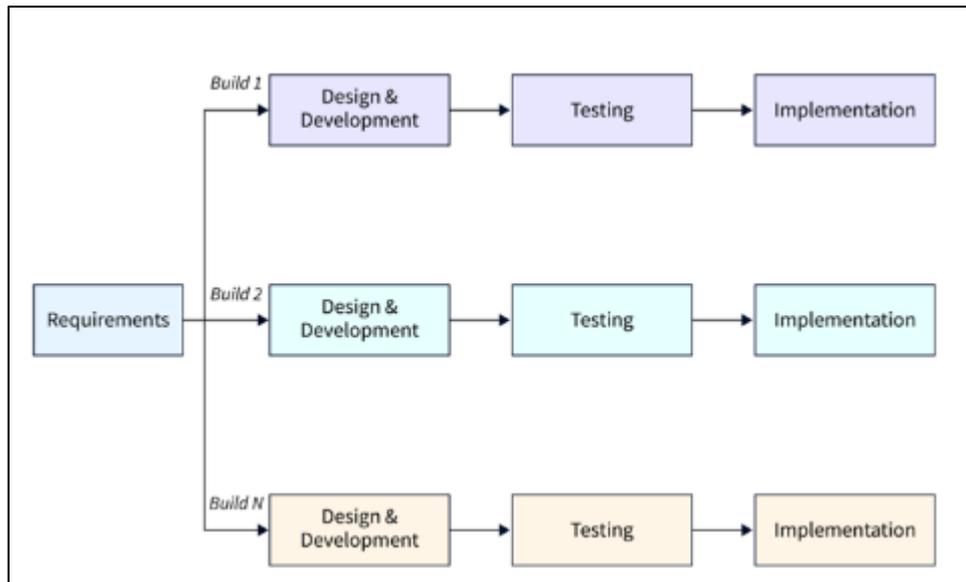


Figure 2 Software Engineering Methodology using Incremental Process Model

5.3. Features and Functionalities

The features and functionalities of QuizFi System are the following:

- Student Habit Tracker

Facilitate students in forming, grouping, and timing study habits (e.g., “go through math flashcards,” “read 20 pages”), with streaks and alerts. Progress screens feature deadlines across spans and encourage users when a streak is broken.

- Time Management & Scheduling

Offers a planner to incorporate exam, assignment, meetings, and study slots, along with notices and potential conflicts. Graduations and day/week views enable users to categorize their tasks and prevent plunges.

- Study Session Tracking

Implements start-stop focus periods linked to a task or course, gets recorded time, and monitors interruptions. Aggregated values provide total focused minutes, average session length, and weekly productivity trends.

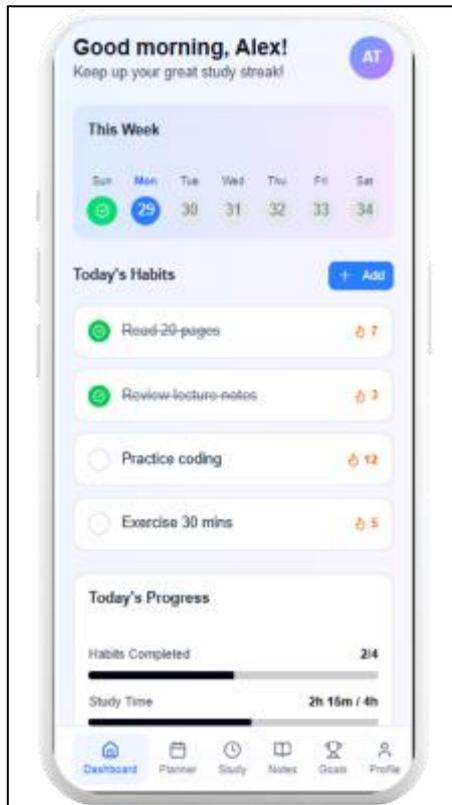
- Digital Study Notes

Furnishes a no-frills writing tool to organize notes with headings, bullets, checklists, and buying info in seconds. Notes may be tagged, attached to courses or sessions, and searched out to be rapidly retrieved.

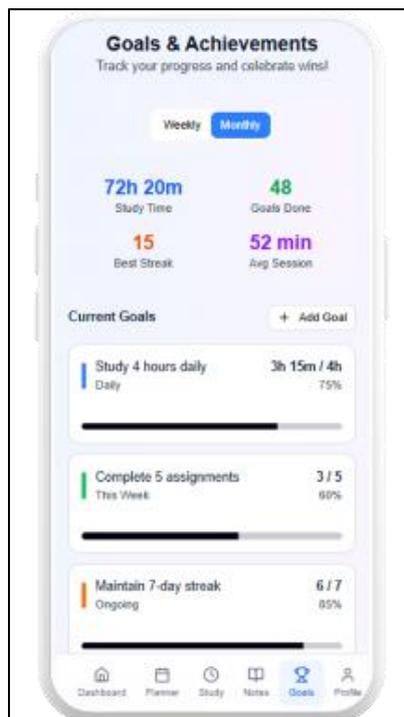
- Goals & Achievement

Enables students to assign clear-cut objectives with deadlines (SMART-style) and to follow real-time progress toward finishing. Badges, levels, and mini goals act as markers for adherence and engagement encouragement.

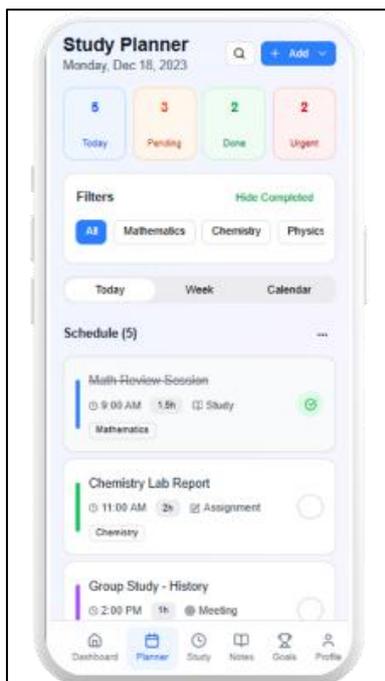
5.4. User Interface Design



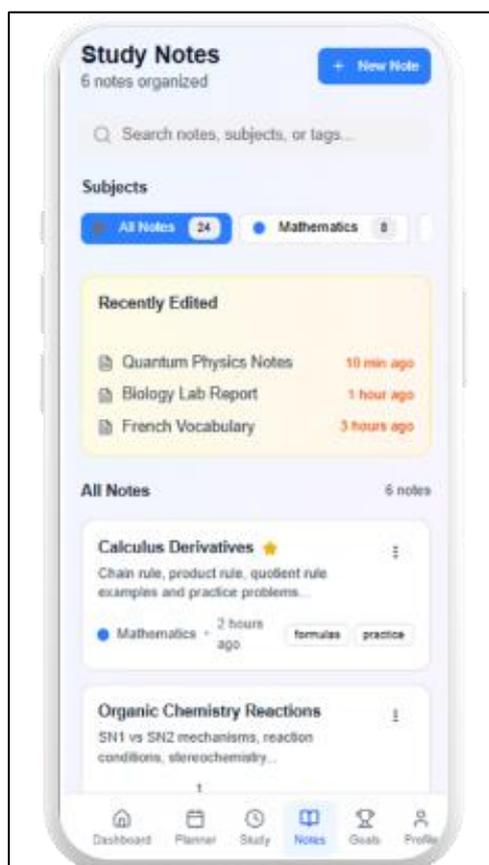
In this figure, it shows the dashboard page of the Study Buddy System.



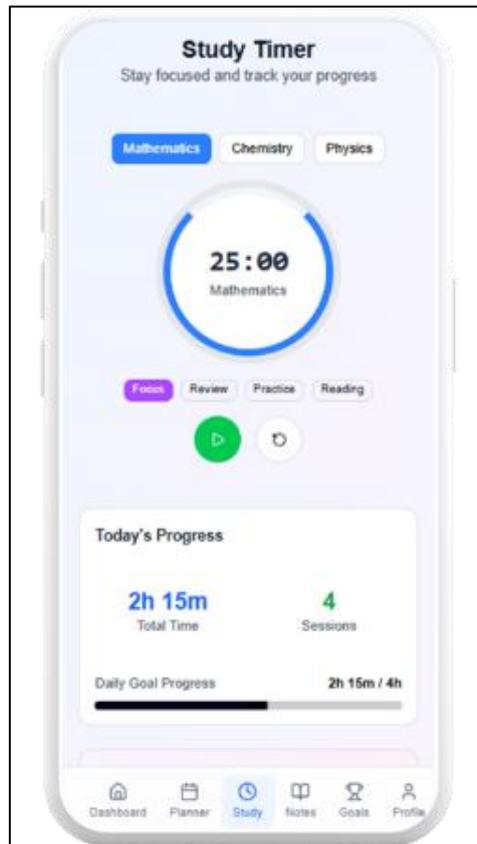
In this figure, it shows the goals and achievements page of the Study Buddy System.



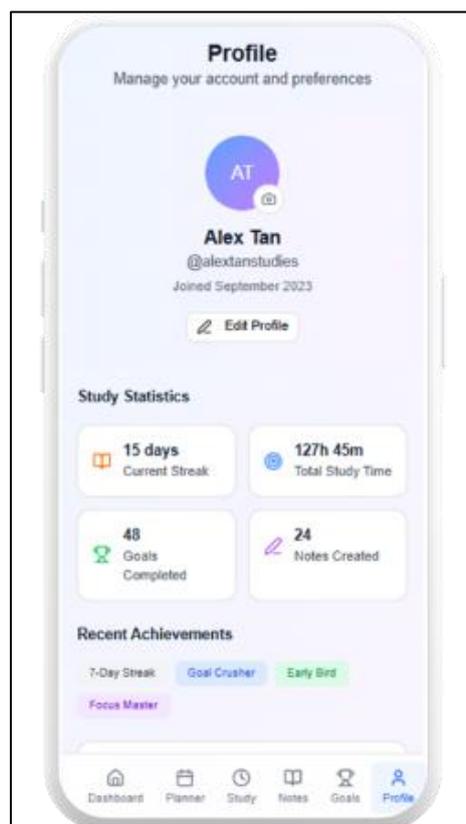
In this figure, it shows the study planner page of the Study Buddy System.



In this figure, it shows the study notes page of the Study Buddy System.



In this figure, it shows the study timer page of the Study Buddy System.



In this figure, it shows the student profile page of the Study Buddy System.

6. Evaluation and results

6.1. Usability Testing

Usability testing was considered quite usable because users felt confident when using the tool (3.27 or 81.75%) and understood how to operate it easily (3.12 or 78%). They were eager to use it on a frequent basis (3.24 or 81%) and enjoyed the well-combined features integrated into the system (3.33). They also revealed that they could easily figure out how to use the system (3.31) and understood the design to be intuitive (3.28). Generally, the total mean of 2.51 or 62.75% shows a positive view of usability.

Table 1 Usability Result Table

Questions	Mean
I found Study Buddy to be easy to use.	3.27
I found the Study Buddy unnecessarily complex to use.	1.72
I felt confident using Study Buddy to manage my study schedule.	3.27
I needed help from a technical person to understand how to use the system.	1.80
The features in the system were well integrated and functioned smoothly.	3.33
I felt overwhelmed by the amount of information presented in the system.	1.61
I could quickly figure out how to use the system.	3.31
I found it difficult to find the features I needed in the system.	1.82
The design of the system made it easy to navigate.	3.28
The system did not meet my expectations for ease of use.	1.72
TOTAL MEAN	2.51

6.2. Performance Metrics

The accessibility and user experience of the system were evaluated using the above-stated performance measures. The facts reflect the user perspective on the usability, features, and actions of the system. Given data is used for the evaluation of system accessibility and its usability.

Accessibility (2.51): The ratings for accessibility (3.27), user confidence (3.28), and other factors can prove that the system is easy to access and utilize. The users were satisfied with the system's design and functionality; therefore, the overall system can be enhanced by focusing on the aspects of accessibility and user experience.

Table 2 Accessibility Result Table

Questions	Mean
The system is easy to access from my device.	3.27
I had trouble accessing certain features in the system.	1.72
I can quickly find the features I need in the system.	3.27
The system is slow to load or often experiences delays.	1.80
The app's visual design (icons, buttons, text) is clear and easy to understand.	3.33
I found it difficult to read or understand the text in the system.	1.61
The system loads quickly and operates smoothly.	3.31
I had trouble navigating the system.	1.82
The font size and contrast in the system are comfortable for reading.	3.28

The system does not work well on all devices or screen sizes.	1.72
TOTAL MEAN	2.51

Functionality: 2.49 – Reviewing Study Buddy provides certain useful marks for those features that have been implemented. When we look at the application, for example, the productivity in separating works and scheduling study plans receives the mark 3.40, which is quite good. The push notifications and reminders were appreciated for their timeliness and relevance (3.41). Furthermore, it is very popular, with a rating of 3.35, and it is also mentioned as a scheduling and task tracking function. This feature demonstrates that users of Study Buddy believed it was helpful to their test day activities.

Table 3 Functionality Result Table

Questions	Mean
The features in Study Buddy worked as expected and were reliable.	3.39
Some features in Study Buddy did not work as expected.	1.61
Study Buddy helped me organize my tasks and study schedule effectively.	3.40
I encountered issues or errors while using the system.	1.61
The app's notifications and reminders were helpful and timely.	3.41
The app sometimes failed to save or update my data properly.	1.57
The task tracking and scheduling features in the system performed well.	3.35
I had trouble with certain functions in the system.	1.56
I felt confident that Study Buddy accurately recorded my study sessions and progress.	3.31
Study Buddy did not perform well under heavy usage or with many tasks.	1.69
TOTAL MEAN	2.49

6.3. Comparative Analysis

In this research study, the highlighted Study Buddy app was examined in comparison with study management platforms. According to the feedback from learners, the Study Buddy is extremely easy to work, and it will be the best choice in forming study programs. They remarked that it had complementary functions that were well-integrated and that they could learn how to use it in a very short time since it was very intuitive. The Buddy Study, unlike those gadgets which can be demanding to use and time-consuming, is designed to make command-line operations smoother and keep it running consistently. Most learners mentioned that the system could be wider in the form of formats and methods of explanation employed to better fit new users. Besides a few drawbacks, Study Buddy turns out to be more adaptive and time-saving compared to other study management modes.

6.4. Results and Findings

The average score totals for all the evaluation criteria are indicators that the Study Buddy system was on the right track.

- Usability – 2.51
- Accessibility – 2.51
- Functionality – 2.49

The SUS test has been done and it has been shown that Study Buddy system is not only advanced in terms of functions but also in terms of usability and accessibility. The system was positively designed in a way that the motives to use it were stimulated. Students didn't have to struggle to find their way in it; they could instead focus on their work and keep it clean.

7. Discussion

7.1. Interpretation of Findings

This study revealed the user interface adaptation and scheduling tool of the Study Buddy system as factors contributing to improved student academic performance and productivity. A habit tracking tool combined with time-scheduled study and easy navigation encouraged students to be organized and disciplined following users' feedback. Thoughtful design follows through with additional support, and students have indicated that Study Buddy assists in their planning of their study schedule and improvement in their time management. A few items in the system were found to require attention, such as insufficient orientation for new users; nevertheless, it is the effectiveness and design of the system that helped create an enriched learning experience for students.

Table 4 Descriptive Survey Result Table

Questions	Mean	Standard Deviation
To what level do gamification features (e.g., points, leaderboards) increase your motivation to participate in learning activities?	4.90	2.27
How often do you participate more actively in lessons when gamification features are used?	4.81	2.33
How would you rate the user-interface design of the gamified learning platform you've used (e.g., layout, icons, colors)?	4.48	2.07
How much do you agree with the: "Gamification elements help me understand and retain lessons better?"	4.67	2.29
How satisfied are you with your learning experience when gamification features are present?	4.99	2.24
TOTAL MEAN	4.77	2.24

- **RQ1:** How does the Study Buddy mobile application influence the time management skills of students?

As per the evaluation findings, the system Study Buddy positively affects students' time management abilities. The self-assessment scale provided a good score of 3.40 on the effectiveness of the service system on student task and study schedule organization. In addition, Push notifications and reminders of the mobile application were thought to be appropriate and informative (3.41), probably facilitating associated tasks control. Task tracking and scheduling habits were also rated well at a similar value of 3.35. These results are associated with the fact that it assists students in the responsible study of time and demarcated them to exercise proper organization and punctuality in the accomplishment of tasks.

- **RQ2:** *To what extent does the use of Study Buddy improve student's study habits?*

Based on the evaluation results, Study Buddy seems to positively affect students' study patterns. The task and schedule organizer features of the app (mean score of 3.40) proved to be helpful since students appreciated having a tool for study planning. Also, the timely notifications and reminders (3.41) probably contribute to continued study habits as students are kept on track with their tasks. The task tracking and scheduling features of the system (mean score of 3.35) performed well as well, providing further support for helping students with study patterns.

- **RQ3:** *How do the features of Study Buddy, such as habit tracking and time management tools, influence the academic performance of the students?*

According to the assessment results, Study Buddy's functionality positively influences students' academic performance, particularly habit tracking and time management features. The app was appreciated for coordinating activities and timetables effectively and efficiently (mean score = 3.40); thus, students likely considered these features useful for handling academic duties. The on-time notifications and reminders (mean score of 3.41) help adhere to the deadlines and engagements, which divert procrastination and allow productivity. In addition, the task tracking and scheduling

functions (mean score of 3.35) provide students with a clear path to follow when they need to bear down on their studies, thus allowing optimal time management and achieving set goals.

7.2. Contributions and Innovation

The study clearly indicates that Study Buddy is a recommendatory resource for students, which includes the most important facilitation aspects of their time integration and academic performance enhancement. Therefore, the app is not loaded with various functions that might take away its purpose, and what can be identified as a feature of the application is simplicity and concentration on task management, alerts, and planning. The straightforwardness of the app is indeed important for the students, helping them avoid distraction, as in order to use the application, no time is wasted looking for features which are believed to be of minimal significance. Being, therefore, a prototype to future educational applications, this one is worthy of praise. This is also another useful example of the platforms of the future, which indicates that the adherence to user-friendly plans in comparison to what is trending with complexity and features is seemingly much more promising from the standing of demand and popularity within the educational platform application realm.

7.3. Limitations and Future Work

This research was carried out on a small sample of students and may lack comprehensiveness with respect to all students. Another limitation was the difference in devices utilized by participants. Some of those using the Study Buddy app might have been running it on older smartphones or phones with weaker specs. Consequently, it might have affected their experience with the app. The participant group could be widened, and they can use a range of different devices, not only smartphones, in future research to gain a deeper understanding of how the app works on different platforms.

8. Conclusion

8.1. Summary of Key Findings

The study revealed that the Study Buddy has positively influenced the academic performance of senior high school students at SEAIT through developing the study strategy and time management techniques. The students shared that they were pleased because the user interface of the app was simple, which helped them coordinate undertaking, planning, and reminder job management tasks. The app features, like tracking tools for habit and time management, have enormously benefited the students in being the best in their academics. This shows that the Study Buddy app is highly likely to boost students' time management and study techniques, thus leading to improved academic performance.

8.2. Final Remarks

Therefore, Study Buddy offers a unique and very effective way to improve a student's learning process and studying behavior. In fact, this research shows that even a very basic app can help improve students' academic performance. Thanks to its simple yet powerful interface, Study Buddy enables students to keep each task under control and on the right track with their courses. As to the app progress, I think that the supervisors' addition to the application and the feedback from a larger group of students would contribute to the enhancement of the app as an educational tool.

Compliance with ethical standards

Disclosure of conflict of interest

No conflict of interest to be disclosed.

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Appendices

Appendix A: System Usability Scale (SUS) Likert Scale Survey Questionnaire Functionality

Questions	Ratings			
The features in Study Buddy worked as expected and were reliable.	1	2	3	4
Some features in Study Buddy did not work as expected.	1	2	3	4
Study Buddy helped me organize my tasks and study schedule effectively.	1	2	3	4
I encountered issues or errors while using the system.	1	2	3	4
The app’s notifications and reminders were helpful and timely.	1	2	3	4
The app sometimes failed to save or update my data properly.	1	2	3	4
The task tracking and scheduling features in the system performed well.	1	2	3	4
I had trouble with certain functions in the system.	1	2	3	4
I felt confident that Study Buddy accurately recorded my study sessions and progress.	1	2	3	4
Study Buddy did not perform well under heavy usage or with many tasks.	1	2	3	4

Accuracy

Questions	Ratings			
I found Study Buddy to be easy to use.	1	2	3	4
I found the Study Buddy unnecessarily complex to use.	1	2	3	4
I felt confident using Study Buddy to manage my study schedule.	1	2	3	4
I needed help from a technical person to understand how to use the system.	1	2	3	4
The features in the system were well integrated and functioned smoothly.	1	2	3	4
I felt overwhelmed by the amount of information presented in the system.	1	2	3	4
I could quickly figure out how to use the system.	1	2	3	4
I found it difficult to find the features I needed in the system.	1	2	3	4
The design of the system made it easy to navigate.	1	2	3	4
The system did not meet my expectations for ease of use.	1	2	3	4

Accessibility

Questions	Ratings			
The system is easy to access from my device.	1	2	3	4
I had trouble accessing certain features in the system.	1	2	3	4

I can quickly find the features I need in the system.	1	2	3	4
The system is slow to load or often experiences delays.	1	2	3	4
The app's visual design (icons, buttons, text) is clear and easy to understand.	1	2	3	4
I found it difficult to read or understand the text in the system.	1	2	3	4
The system loads quickly and operates smoothly.	1	2	3	4
I had trouble navigating the system.	1	2	3	4
The font size and contrast in the system are comfortable for reading.	1	2	3	4
The system does not work well on all devices or screen sizes.	1	2	3	4

Appendix B: Descriptive Survey Questionnaire

Impact of Study Buddy: A Mobile Application for Student Habits and Time Management on the Academic Performance of Senior High School Students at SEAIT

1. To what extent has Study Buddy encouraged you to develop consistent study habits?

- Not At All Slightly Very Much Extremely

2. How often do you review your study progress using Study Buddy?

- Never Rarely Often Always

3. How confident are you in managing your daily study schedule after using Study Buddy?

- Not confident Slightly confident Very confident Extremely confident

4. How helpful is the combination of habit tracking and time management tools in improving your academic performance?

- Not helpful Slightly helpful Very helpful Extremely helpful

5. How would you rate the impact of Study Buddy System on your academic performance?

- Very Poor Poor Good Excellent