CURRENT SITUATION AND SOLUTIONS TO IMPROVE LEARNING EFFICIENCY OF STUDENTS OF THE FACULTY OF PHILOLOGY, THAI NGUYEN UNIVERSITY OF EDUCATION IN THE CONTEXT OF DIGITALIZATION

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ABSTRACT

This paper analyzes the learning situation of students in the Faculty of Literature in the digitalization context, identifies factors affecting academic performance, and proposes solutions to enhance learning efficiency. The survey results indicate that students face several challenges, such as information overload, lack of concentration, poor time management skills, and improper use of technology. To address these issues, the paper suggests time management strategies, effective application of technology, and improved learning methods. These solutions aim to help students utilize technology wisely, enhance critical thinking skills, and adapt to the modern learning environment.

Keywords: Effective Learning, Digitalization, Time Management, Learning Methods, Literature Students.

1. INTRODUCTION

The development of digital technology has transformed the learning methods of literature students, providing opportunities to access a wealth of resources, online courses, and global knowledge exchange. However, students also face challenges such as information overload, difficulty in selecting relevant materials, and distractions from social media and entertainment platforms. Overuse of technology can lead to procrastination, loss of focus, and a decline in critical thinking and reading comprehension skills- essential aspects for literature students. Therefore, this paper aims to: (1) analyze the current learning situation of students in the digitalization era, (2) identify the factors that reduce academic performance, and (3) propose solutions to help students utilize technology effectively. Additionally, the study seeks to develop a hybrid learning model that combines traditional and modern methods to enhance learning quality while aligning with the specific characteristics of the discipline.

2. RESEARCH METHODOLOGY

This paper employs a survey method with a sample of 348 students from the Faculty of Literature at Thai Nguyen University of Education. Data were collected through questionnaires and in-depth interviews to identify factors affecting learning efficiency. Additionally, a literature analysis method was applied to compare findings with previous studies on the impact of technology on learning [7;58].

3. CURRENT SITUATION OF STUDENTS IN THE FACULTY OF PHILOLOGY
3.1. Factors affecting learning effectiveness
Factors affecting students' learning effectiveness can be divided into two large groups:

* Group 1: Objective causes
(1). Unfavorable learning environment
Many students have to study in unfavorable conditions, such as crowded dormitories, noisy families or lack of quiet space. These factors cause constant distraction, reduce the ability to concentrate and directly affect the quality of knowledge acquisition. Without a quiet and suitable learning environment, students are easily interrupted in their train of thought, taking a long time to return to their original state of concentration, thereby affecting their overall learning performance [12;67].

(2). Disruptions by technological devices
The use of smartphones, tablets and other Internet-connected devices is becoming more and more popular, but it is also one of the main causes of interruptions in the learning process. Notifications from social networks, messages, and emails constantly appear, making it easy for students to be distracted. According to a study, on average, students are interrupted 10-15 times per hour of study by checking their phones or replying to messages [8;45]. When the learning process is constantly interrupted, it becomes more difficult to remember and deeply understand the lesson content, while also creating a habit of procrastination and reducing work productivity.

(3). Suboptimal teaching methods
Some lecturers still apply traditional teaching methods, focusing mainly on theoretical lectures instead of encouraging interaction and exchange between students. The lack of technology application, the rare use of visual aids such as videos, mind maps or electronic documents makes lectures difficult to access. This not only makes students feel bored and lose motivation to study, but also reduces their ability to actively absorb knowledge. Meanwhile, studies have shown that when lectures combine images, sounds and interactive content, students will remember and understand the lesson better than just passively receiving information [3;78].

(4). Heavy curriculum and lack of specific guidance
Students of the Faculty of Philology often have to access a large number of documents, from classic literary works to academic research, and must write essays, analyze and comment on many different topics. However, not all students are given specific guidance on how to organize their time, select documents effectively or improve their academic writing skills. Without clear guidance, students can easily feel overwhelmed. Without support from lecturers or supplementary courses on research skills, students may have difficulty managing the increasing workload.

* Group 2: Subjective causes
(1). Lack of motivation
One of the important subjective causes that makes students study ineffectively is lack of motivation to study [1;29]. Motivation to study can come from many factors, such as love for the major, desire for self-development or clear career goals. However, many students of the Faculty of Philology cannot identify the specific reasons why they choose this major, leading to a situation

of studying in a perfunctory way, only doing homework to fulfill obligations without really caring about quality.

When lacking motivation, students often tend to:

• Not proactively seek documents, research deeply on academic issues.

• Only study for exams, not interested in practical application of knowledge.

• Feel tired and bored when having to read long documents or write analytical papers.

• Participate less in discussions, hesitate to ask questions and do not actively communicate with lecturers.

Motivation to learn is also affected by the surrounding environment. If students do not have friends or a study group to support them, they may feel isolated and lose interest in learning. In addition, the lack of role models or role models in the industry also makes it difficult for students to visualize their career development path, which leads to a superficial attitude towards learning.

(2). Poor time management skills
A common problem among students today is poor time management skills [2;55], especially in a field that requires a large amount of knowledge like Philology. Due to not knowing how to arrange a reasonable study schedule, students often encounter the following situations:

• Procrastination: Many students have the habit of waiting until the deadline to start studying or writing essays. This leads to them not having enough time to research thoroughly, resulting in low quality work.

• No specific plan: Many students study in an impromptu manner, without a clear schedule. The lack of a plan makes them easily passive when faced with large assignments or having to review for exams in a short time.

• Not using time effectively: While there are gaps between classes, instead of reading documents or preparing for the next lesson, many students spend this time surfing social networks or doing personal work, leading to having to accumulate a lot of work at the end of the semester.

According to research, students who are good at time management tend to have significantly higher academic results than those who lack this skill. Therefore, if students do not improve their organizational skills and plan their studies properly, they will easily fall into a cycle of procrastination, pressure and stress at the end of the semester.

(3). Using technology for the wrong purposes
Technology can be a powerful learning tool, but using technology incorrectly can be a waste of time and reduce learning efficiency. Some common problems include:

• Overuse of social media: Students spend hours each day scrolling through Facebook, TikTok, Instagram instead of focusing on their lessons. These platforms are designed to attract continuous attention, making it difficult for students to concentrate for long periods of time.

• Watching too many entertaining videos or playing games: Many students start by searching for learning materials on YouTube but quickly get caught up in unrelated content. This significantly reduces the time spent studying.

• Studying is interrupted by phones: Notifications from messages, emails or applications often interrupt the learning process. One study found that on average, students are interrupted 10-15 times per hour just to check their phones.

Inappropriate technology use habits not only waste students' time but also affect their ability to concentrate and think deeply. Without control, students can easily become dependent on technology in a negative way, making it difficult for them to maintain concentration and complete learning tasks.

(4). Lack of scientific learning methods

Many students have difficulty absorbing knowledge effectively because they have not developed a suitable learning method. Some common problems include:

• Passive learning, without critical thinking: Students often just take notes of lectures without asking questions or learning more about the issue. Learning by rote means knowledge is not deeply understood and is quickly forgotten after the exam.

• Not knowing how to synthesize and systematize knowledge: The Philology major requires students to read and analyze a large number of documents, but many students do not know how to use mind maps or make comparison tables to systematize information. This makes it difficult to remember and apply knowledge.

• Lack of effective note-taking skills: Some students just copy the entire lecture without knowing how to filter out important information. When reviewing, they have difficulty identifying the core content.

• Not applying modern learning techniques: Methods such as Pomodoro (study for 25 minutes, rest for 5 minutes) or Feynman (re-explain knowledge in simple language) help increase learning efficiency, but are not applied by many students.

Without a scientific learning method, students can easily feel overwhelmed, not knowing where to start, leading to learning becoming less effective and taking more time than necessary.

3.2. Statistics on the current situation of learning

In a survey of 348 students at the Faculty of Philology - Thai Nguyen University of Education, the following results were obtained.

Table 1: The current situation of learning

Survey content	Rate (%)

Wasting time due to improper use of technology	85%
Frequently procrastinating	70%
Easily distracted by external factors	60%
Feeling overwhelmed with the amount of reading required each week	50%
Having difficulty writing long essays, especially in organizing content	35%

Fair students waste more time than Good and Excellent students. The above figures show that the most common problem was time wasted due to improper use of technology, with a rate of up to 85%. Procrastination and lack of concentration also greatly affected students' learning efficiency. Feeling overwhelmed with material and difficulty writing essays were major challenges, reflecting the need to improve learning methods.

Table 2: Influence of factors on learning outcomes

Factors	**Rate of influence (5%)**
Inappropriate use of technology	80%
Lack of time management skills	75%
Distraction by surroundings	65%
Pressure from assignments and study materials	55%
Difficulty in organizing essays and projects	40%

The results showed that inappropriate use of technology negatively affected 80% of students, suggesting a need for more specific guidance on how to leverage technology for learning. Lack of time management skills (75%) was a major cause of procrastination. 65% of students were distracted by their surroundings, reflecting the need for a more suitable study space. Pressure from assignments and study materials (55%) required students to be equipped with more effective information processing methods. Difficulty in organizing essays (40%) indicated a need for additional training in academic writing skills.

4. SOLUTIONS TO IMPROVE LEARNING EFFICIENCY
4.1. Time management skills

Time management skills play an important role in improving students' learning performance, especially in the digital context with many distracting factors. Effective time management helps students organize their work reasonably, reduce pressure and improve the ability to complete tasks on time. Below are some useful time management methods that students can apply:

(1). Applying the Pomodoro method - Optimizing concentration

The Pomodoro method is a time management technique developed by Francesco Cirillo in the late 1980, which helps improve concentration and learning productivity by dividing working time into short study sessions, with breaks in between [6;88], [7;61].

- Instruction:

- Choose a specific task to complete (e.g. reading documents, writing essays).
- Set a timer for **25 minutes** and focus completely on that task.
- When the 25 minutes are up, take a **5-minute** break to relax.
- Repeat this cycle **4 times**, then take a longer break of **15-30 minutes**.

- Benefits of the Pomodoro method:

- Helps students concentrate for a certain period of time, minimizing distractions.
- Increases the ability to maintain motivation, avoiding the feeling of exhaustion due to continuous studying for a long time.
- Improves the ability to memorize and absorb knowledge by dividing the amount of information.
- Forms effective study habits, improves personal discipline.

- Supporting applications: Students can use applications such as Forest, Focus To-Do, Pomodone to set timers and track their Pomodoro progress.

(2). Using the Eisenhower Model – Prioritizing Tasks

Many students have difficulty determining which tasks are important and which should be prioritized. The Eisenhower Matrix, named after US President Dwight D. Eisenhower, helps students classify tasks according to their level of importance and urgency, thereby creating a reasonable work arrangement strategy.

- How to apply the Eisenhower model: Work is divided into **4 main groups**:

(1). Important and urgent: Need to be done immediately (eg: homework due, exam review).

(2). Important but not urgent: Should be planned to be done later (eg: research more documents, write a long-term essay).

(3). Not important but urgent: Can be delegated or handled quickly (eg: reply to unimportant emails, attend group meetings).

(**4). Not important and not urgent:** Should be eliminated or minimized (eg: surfing social networks, watching entertainment videos for too long).

- Benefits of the Eisenhower model:

- Help students **focus on important tasks**, avoid wasting time on unnecessary things.
- **Reduce procrastination**, increase the ability to complete assignments on time.
- Form a way of thinking about **scientific work arrangement**, improve learning and working efficiency.

- **Supporting applications**: Students can use tools such as **Trello, Notion, Google Keep** to create a to-do list according to the Eisenhower model.

4.2. Effective application of technology in learning

- Using document management software: Google Scholar, Mendeley, Zotero to store and cite academic documents [5;48].

- Participating in online courses: Platforms such as Coursera, Udemy, edX provide in-depth knowledge.

- Applying artificial intelligence: GPT, Grammarly to improve writing skills.

4.3. Limiting distractions - Eliminating distractions

One of the reasons why students study ineffectively is distractions from the surrounding environment, especially phones, social networks and constant notifications from applications. To manage time better, students need to proactively eliminate distractions.

- Ways to limit distractions while studying:

- Turn off phone and application notifications while studying. Use "Do Not Disturb" mode or access blocking applications such as Cold Turkey, Freedom, StayFocusd [10;53].
- Use a separate study space. If possible, choose a quiet place to study, away from distracting devices.
- Set a time limit for social networking use. Only check the phone during breaks between study sessions.

- Benefits of limiting distractions:

- Maintain continuous concentration, helping to absorb knowledge better.
- Reduce wasted time, optimize the learning process.
- Form disciplined learning habits, improve time management skills.

4.4. Support from Lecturers and the University

- Lecturers should actively integrate technology to enhance interaction in teaching.

- The university should provide better learning conditions, such as quiet study spaces and digital libraries.

- Organize workshops on time management skills and academic research for students [3;79].

5. CONCLUSIONS AND RECOMMENDATIONS

5.1. Conclusions

The study shows that students of the Faculty of Philology face many challenges in the context of digitalization, especially **poor time management, technology waste, loss of concentration** and **difficulties in processing documents** and **writing essays**. Improper use of technology (85%), procrastination (70%) and pressure from learning materials (50%) are factors that greatly affect learning efficiency.

To improve, students need to change their approach to technology, improve their organizational and time management skills, while lecturers and schools need to support learning methods that are suitable for modern educational trends.

5.2. Recommendations

* *For students:*

- Apply time management techniques (Pomodoro, Eisenhower) and limit distractions from technology.

- Practice scientific learning methods (mind maps, SQ3R) and search for quality resources.

- Improve learning motivation, participate in study groups and use effective support technology.

* For lecturers:

- Innovate teaching methods, encourage active learning, use technology to support teaching.

- Instruct students in time management skills and effective learning methods.

* For universities:

- Improve the learning environment, build digital libraries, quiet learning spaces.

- Integrate soft skills courses into the training program.

- Organize seminars and support programs to help students improve their learning skills.

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