

Influence of academic advising on the development of study skills in medical students at the Faculty of Medicine of Tampico “Dr. Alberto Romo Caballero”

Influencia de la asesoría académica en el desarrollo de habilidades de estudio en estudiantes de medicina de la Facultad de Medicina de Tampico “Dr. Alberto Romo Caballero”

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Abstract

Academic advising constitutes a pedagogical strategy aimed at supporting students throughout their educational process, particularly in highly demanding programs such as medical training, where the development of effective study skills is essential for adequate academic performance. In contexts characterized by curricular overload and sociodemographic diversity, such as the Faculty of Medicine “Dr. Alberto Romo Caballero,” questions remain regarding the effectiveness and actual utilization of these institutional programs. The objective of this study was to evaluate the influence of academic advising on the development of study skills among second- and third-year medical students, as well as to analyze their perceptions of the program’s usefulness and awareness. A quantitative, cross-sectional, and correlational study was conducted in a random sample of 230 students, of whom 80% were surveyed. The validated instrument “Academic Advising as Educational Support” was administered through a digital form, and statistical analysis was performed using SPSS. The results showed that although most students were aware of the program’s existence, its frequency of use was low; however, 87.6% of those who attended advising sessions reported improvements in academic performance and study skills. In conclusion, academic advising is identified as a useful tool in medical education, highlighting the need for greater institutional dissemination and promotion to enhance its positive impact on students’ academic development.

Keywords: academic advising; study skills; medical students; academic performance; educational support

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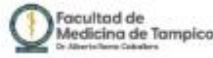
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Resumen

La asesoría académica constituye una estrategia pedagógica orientada a acompañar al estudiante en su proceso formativo, particularmente en programas de alta exigencia como la carrera de Medicina, donde el desarrollo de habilidades de estudio resulta fundamental para un desempeño académico adecuado. En contextos caracterizados por sobrecarga curricular y diversidad sociodemográfica, como la Facultad de Medicina “Dr. Alberto Romo Caballero”, persisten interrogantes sobre la efectividad y el aprovechamiento real de estos programas institucionales. El objetivo del estudio fue evaluar la influencia de la asesoría académica en el desarrollo de habilidades de estudio en estudiantes de segundo y tercer año de la Licenciatura de Médico Cirujano, así como analizar su percepción sobre la utilidad y el conocimiento del programa. Se realizó un estudio cuantitativo, transversal y correlacional en una muestra aleatoria de 230 estudiantes, de los cuales se encuestó al 80 %. Se utilizó el instrumento validado “Asesoría Académica como apoyo escolar”, aplicado mediante formulario digital, y el análisis estadístico se efectuó con SPSS. Los resultados mostraron que, aunque la mayoría de los estudiantes conoce la existencia del programa, la frecuencia de uso es baja; sin embargo, el 87.6 % de quienes asistieron a sesiones reportó mejoras en el rendimiento académico y en sus habilidades de estudio. En conclusión, la asesoría académica se identifica como una herramienta útil en la formación médica, siendo necesaria una mayor difusión y promoción institucional para ampliar su impacto positivo en el desarrollo académico de los estudiantes.

Palabras clave: asesoría académica; habilidades de estudio; estudiantes de medicina; rendimiento académico; apoyo educativo





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INTRODUCTION

Academic advising is a pedagogical strategy aimed at guiding students throughout their educational process. Medical training requires not only the acquisition of technical and scientific knowledge, but also the sustained development of study skills that enable students to successfully face highly demanding academic and clinical environments. In institutions such as the Faculty of Medicine "Dr. Alberto Romo Caballero," where the student profile reflects regional dynamics marked by sociodemographic diversity and curricular overload, it becomes essential to understand the factors that influence the consolidation of competencies for autonomous learning. Academic advising, as an institutional resource, has been recognized in multiple studies as a mechanism that can improve organization, self-regulation, and knowledge retention; however, questions remain regarding its effectiveness in specific contexts and how it is perceived by the student population to whom it is directed.

OBJETIVE

General objective:

To evaluate the influence of academic advising on the development of study skills among students of the Faculty of Medicine of Tampico "Dr. Alberto Romo Caballero"

Specific objectives:

- To analyze students' perception of the usefulness of academic advising.
- To identify the level of knowledge students have about the academic advising program offered by their faculty.

METHODOLOGY

A correlational design was carried out to establish relationships between academic advising and the development of study skills in university contexts. The study population consisted of second- and third-year students of the Medical Surgeon program at the Faculty of Medicine of Tampico "Dr. Alberto Romo Caballero." A quantitative, cross-sectional, and correlational design was used, employing the validated instrument "Academic Advising as School Support Survey," developed by the Ethics Workshop (Technological Institute of Tijuana), applied through a Forms questionnaire, consisting of a total of 15 items that evaluated students' perceptions of the academic advising program offered by their faculty. The sample size was 230 students, randomly selected. Statistical analysis was performed using SPSS.

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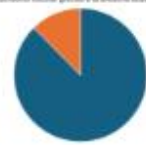
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RESULTS

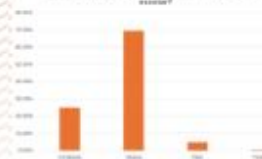
According to the established sample of 230 students, 80% were successfully surveyed, equivalent to 184 second- and third-year students of the Medical Surgeon program at the Faculty of Medicine "Alberto Romo Caballero." After the analysis of the data, the following results were obtained: 87.6% of the surveyed students indicated improvements in academic performance with the guidance of academic advising. The remaining students disagreed, as shown in Figure 1.

Fig. 1. ¿Consideras que has tenido mejoras respecto a tu rendimiento escolar gracias a la asesoría académica?



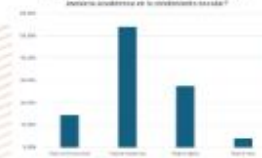
Students rate academic advising and its influence on the improvement of study skills and academic performance satisfactorily, obtaining mostly positive responses, as shown in Figure 2.

Fig. 2. ¿Cómo calificas la información de la asesoría académica en tu proceso de aprendizaje y rendimiento escolar?



In relation to the proposed objective—the students' perception of academic usefulness—84.1% of the surveyed students indicated a moderate improvement regarding the impact of academic advising on their academic performance, while 14.5% reported an exceptional improvement. The remaining students have not experienced satisfactory academic advising, as shown in Figure 3.

Fig. 3. ¿Por qué razón de índole académica se benefició de la asesoría académica en tu rendimiento escolar?



Finally, satisfactory results were obtained in identifying students' knowledge about the academic advising program: 98.4% of the surveyed students are informed about the availability of this program at the Faculty of Medicine "Alberto Romo Caballero."

CONCLUSIONS

Second- and third-year students of the Medical Surgeon program are aware of the academic advising program offered by the faculty; however, the percentage of students who frequently attend academic advising sessions during the semester is very low. Of the students who attend academic advising sessions, the majority report satisfactory results, positively impacting the development of study skills and academic performance. In conclusion, academic advising is a useful tool in the training of medical students, and effective dissemination of the academic advising program is beneficial so that more students have the opportunity to improve their academic and social outcomes.