

Brain Training

- Tuesdays at 1:00pm, SW103; Wednesdays at 8:00pm, Zoom
- ~~February 20-21: Tools of the Brain~~
- ~~February 27-28: Effective Studying~~
- March 5-6: Beat Procrastination
- March 12-13: Spring Break
- March 19-20: Conquer Exams

Procrastination

Slay your inner zombies

Procrastination

1. What do you procrastinate the most?
2. How do you procrastinate – what do you do?
3. How do you feel when you are procrastinating?
4. How do you feel after you procrastinate?



<https://www.dualshockers.com/episode-2-of-the-walking-dead-michonne-launches-march-29/>

Why do we Procrastinate?

1. Think about something you should do that you don't want to.
2. Pain centers of the brain activate.
3. Now change your attention to a more pleasant activity.
4. Feel relief from pain (temporary – short term reward).

Procrastination is like an addiction – it saves you in the moment from feeling bad.

Habits

Habits

What is an example of a good habit – of a zombie mode (non-thinking mode) working for you?

Understanding Habits

1. The Cue
2. The Routine
3. The Reward
4. The Belief

Habits

How do you get zombies to work for you instead of against you?



Habits

Well, why can't you just use more will power?

The Solution (part of it)

1. The Cue – develop new cues
2. The Routine – have a new routine lined up, ready to go
 - Focus on process, not completion
 - Pomodoro technique (24 min of work at a time)
 - No distractions
3. The Reward –

The Solution (part of it)

1. The Cue – develop new cues
2. The Routine – have a new routine lined up, ready to go
 - Focus on process, not completion
 - Pomodoro technique (24 min of work at a time)
 - No distractions
3. The Reward – set up a reward (what is your fish?)
 - Plan when you will stop!
4. The Belief – believe you are capable of change.

Solutions continued

- “Eat your frogs first”
- Focus on the process - Pomodoro Technique
- Multitasking doesn't work
- Reframe focus – What do you need to work on today? How good will it feel to accomplish that goal?
- Worst case: your goal isn't to work. Your goal is to *start* working.



Solutions continued

- Keep a notebook – what works, what doesn't?
- Make a list - Write it down!
- Math and Science demand a little at a time, over long periods of time.

Staying Organized

Most of what we've been talking about is for *routine* work. What about the stuff that *isn't* routine?

Staying Organized

Don't trust your memory

- Keep a calendar
- To-do list
 - Todoist
 - Habitica
 - Bullet Journaling
 - Whiteboard
 - Good ol'-fashioned post-it notes on the fridge

Staying Organized

Don't let these things fade into the background!

- Schedule a time for the tasks you've been avoiding
 - Re-do your reminders
- Break big tasks into smaller tasks
 - Custom planner for big projects