

HOW WE LEARN SERIES

HABITS

01 | DECIDE THE SEQUENCE OF STEPS

02 | IDENTIFY THE FIRST DOMINO

03 | REPEAT YOUR HABIT

04 | JUST SHOW UP

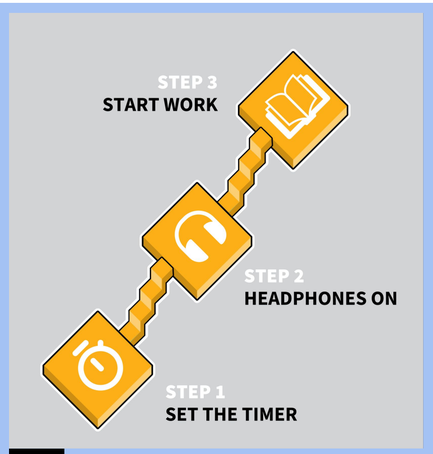
05 | ADD A FINISHER’S REWARD

LEARNING WALKTHRUs

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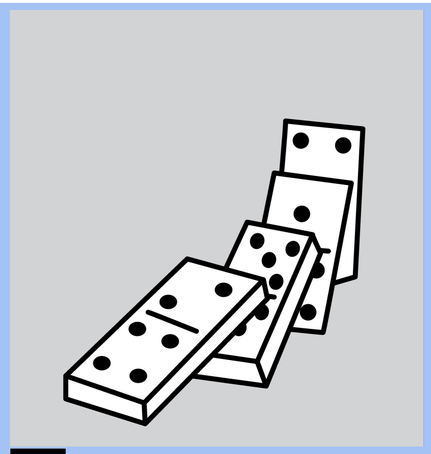
HOW WE LEARN SERIES

HABITS



1

DECIDE SEQUENCE OF ACTIONS



2

IDENTIFY THE FIRST DOMINO



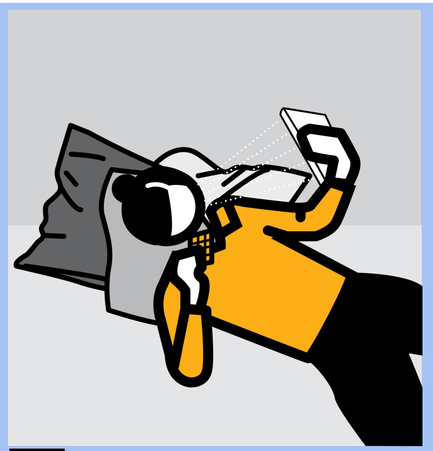
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REPEAT YOUR HABIT



4

JUST SHOW UP

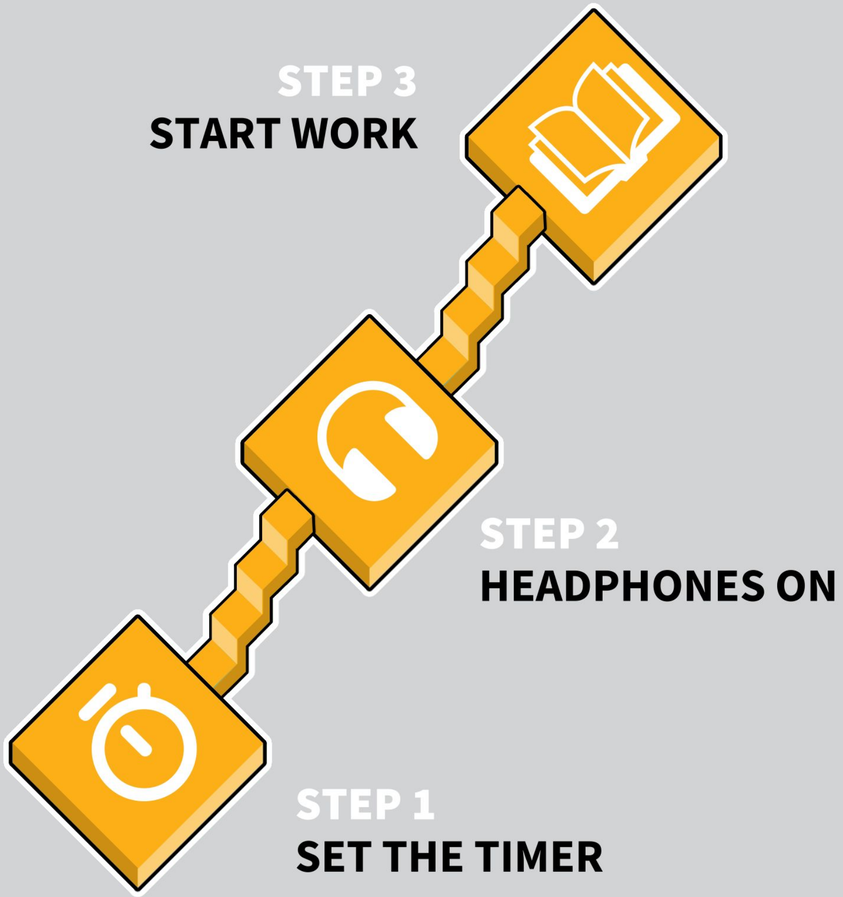


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ADD A FINISHER'S REWARD

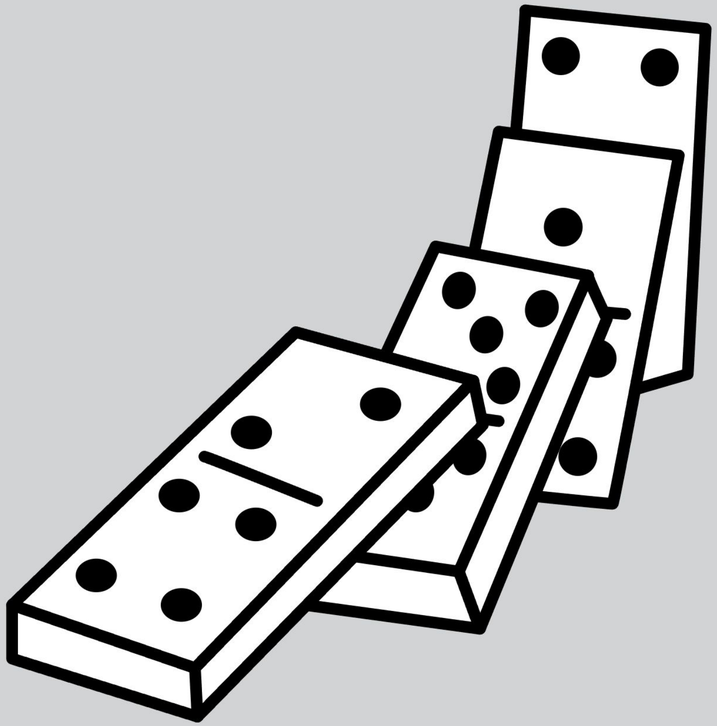
- When we make something a habit, our brain does it automatically, without really having to think about it.
- Bad habits like biting your nails or staying up late can be really hard to change. However, the same is true of good habits.
- If we make studying into a habit, we'll find ourselves doing it more often, finding it easier to do; even enjoying it more.
- Making something a habit requires us to follow a bit of a formula.

DECIDE THE SEQUENCE OF ACTIONS



- First, decide exactly what it is that you want to make a habit. Write down your list so it’s clear in your head. Aim for about 3-5 steps.
- The more detailed you can be about each step, the more likely the habit will take hold and stick.
- e.g. going up to your room, putting on some noise-cancelling headphones, taking a deep breath, setting your countdown timer for 30 minutes, and then opening your book.

IDENTIFY THE FIRST DOMINO

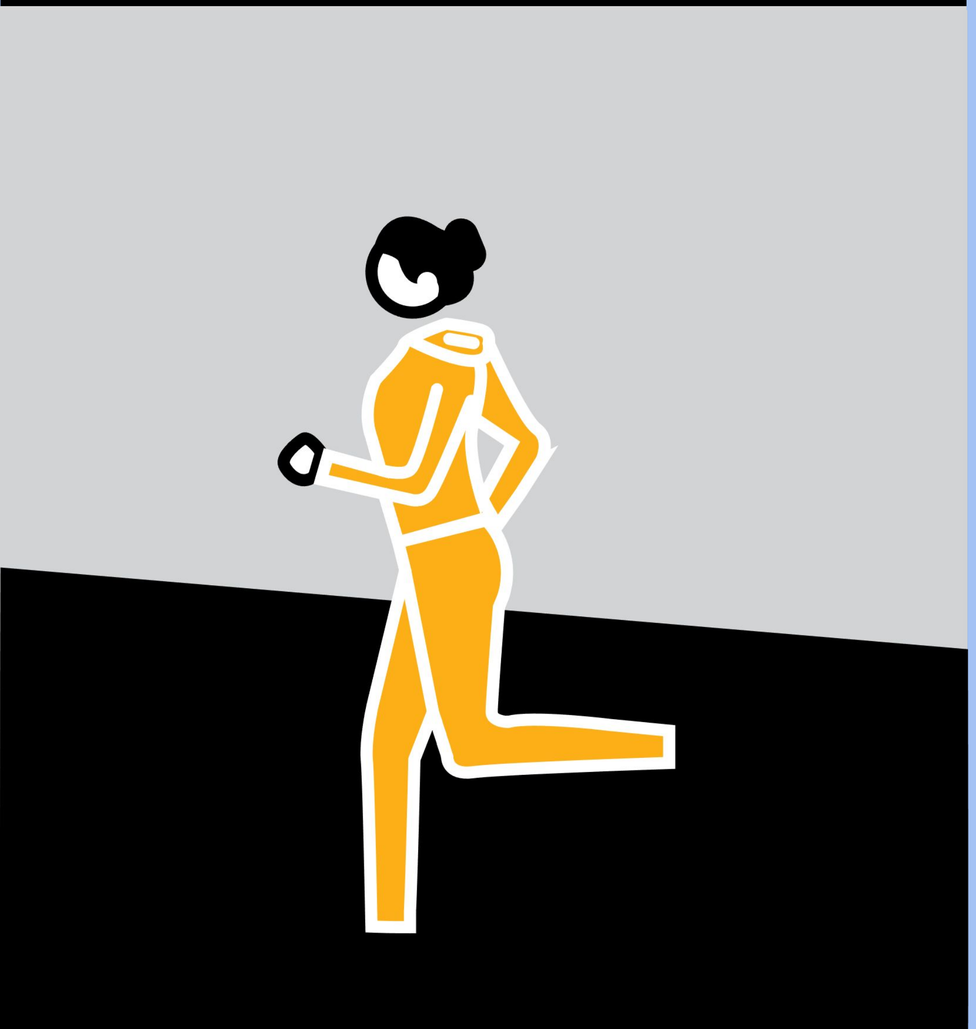


- An important part is the thing that kickstarts the rest of the actions. Think of it like the first domino.
- Unless the first domino falls, the rest won’t fall either!
- e.g. your first domino could be finishing dinner, or after you have breakfast at the weekend, or whenever your 6pm alarm goes off.
- It doesn’t really matter what it is, as long as it’s the same thing each time.



REPEAT YOUR HABIT

- A habit becomes a habit by repeating it enough times. The reason that biting our nails becomes a habit is just because we do it lots! We can apply the same idea to studying.
- The more often we do our series of study habit actions, the more our brain will find it easier to do and the less effort it will take.
- Eventually, we'll find ourselves going to study without even noticing we're doing it!



JUST SHOW UP

- We can increase the chances that a habit sticks by focusing on just showing up to begin with and worrying less about the quality of our actual studying.
- e.g if I want to make running a habit, to begin with, I should just go out every day for a super-easy run (or even walk).
- Once this starts to feel easy, I can then begin to push myself harder.

ADD A FINISHER'S REWARD

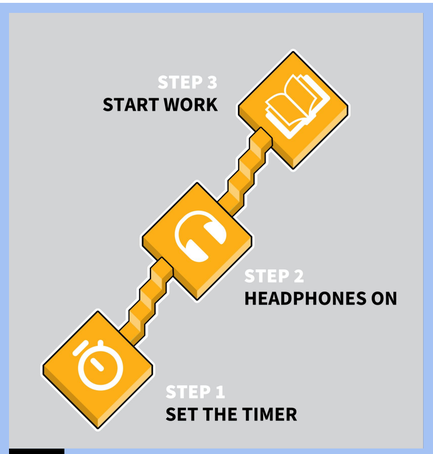


- We can sweeten the deal for our brain by making the last action in the habit sequence a giving ourselves a reward action.
- e.g after 30 minutes of studying, we could give ourselves one of our favourite sweets and listen to our favourite music track.
- Give yourself the reward straight away after finishing. This strategy is even more powerful giving your brain a surprise reward, such as a sweet from a lucky dip tin.

LEARNING WALKTHRUs

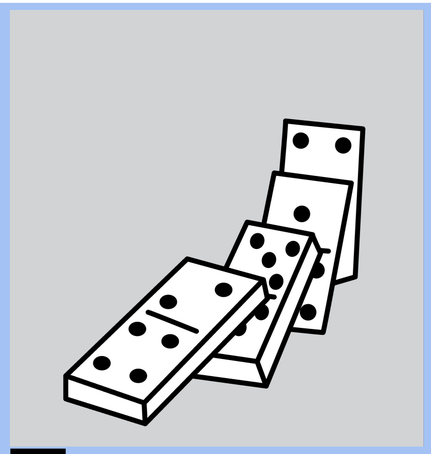
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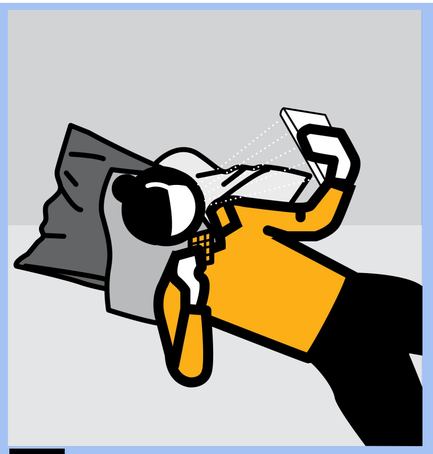
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What will your habit look like?

Consider previous presentations
- Your timetable
- The Drill

Example

1) Get home from school and have 30 minutes to rest - watch TV have something to eat.
2) Collect my pencil case and resources that I will be using
3) Sit as my desk/ table
4) Set a 30 minutes timer
5) Start work
6) 5 minutes rest then repeat 2-5