

Habits of Successful Students



Today we will discuss...

1. What habits are and why they are important for your academic success?

2. Why and how are habits formed?

3. Examples of habits successful students establish

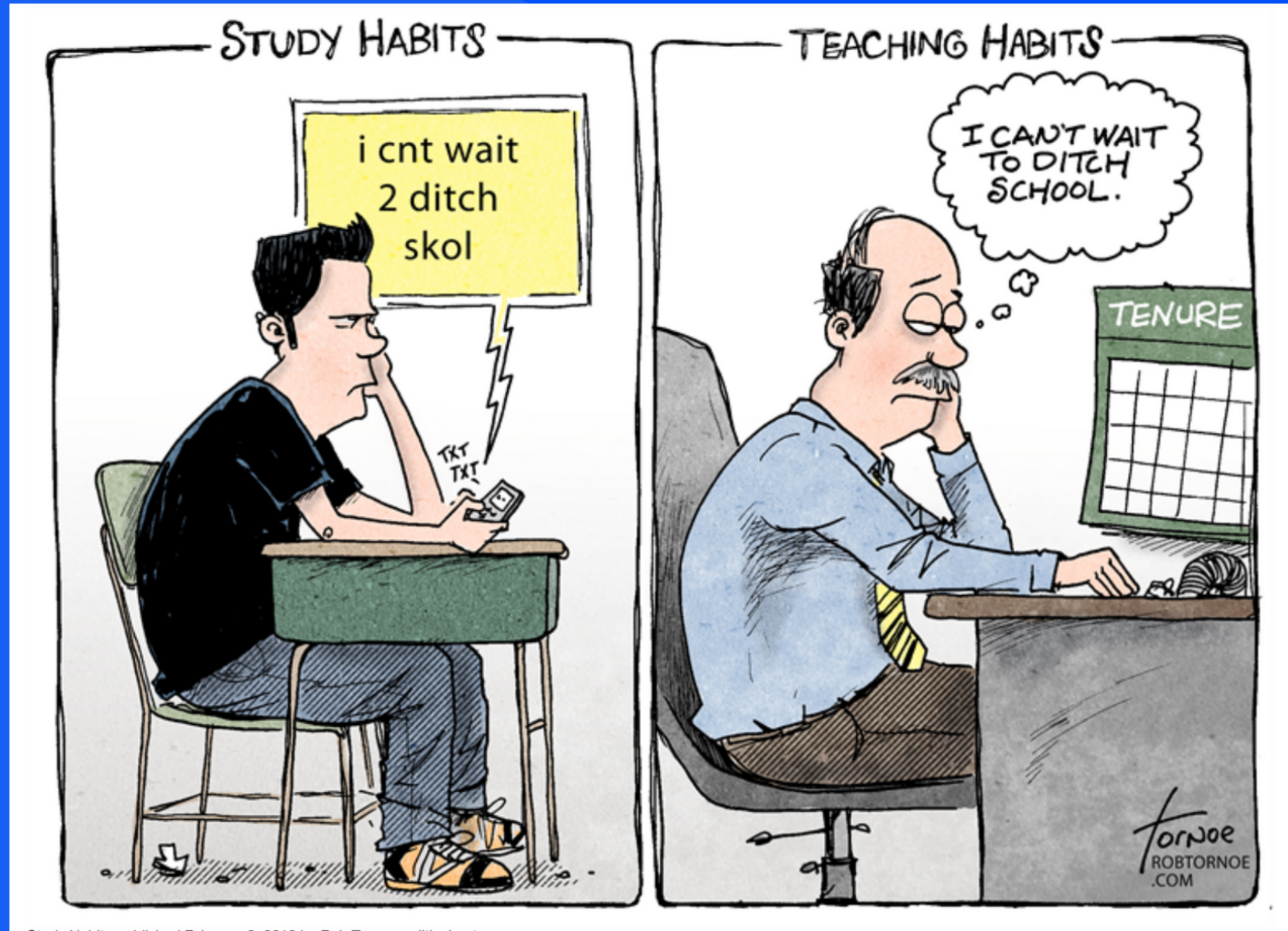
4. How can you break and make habits?

What is a habit?

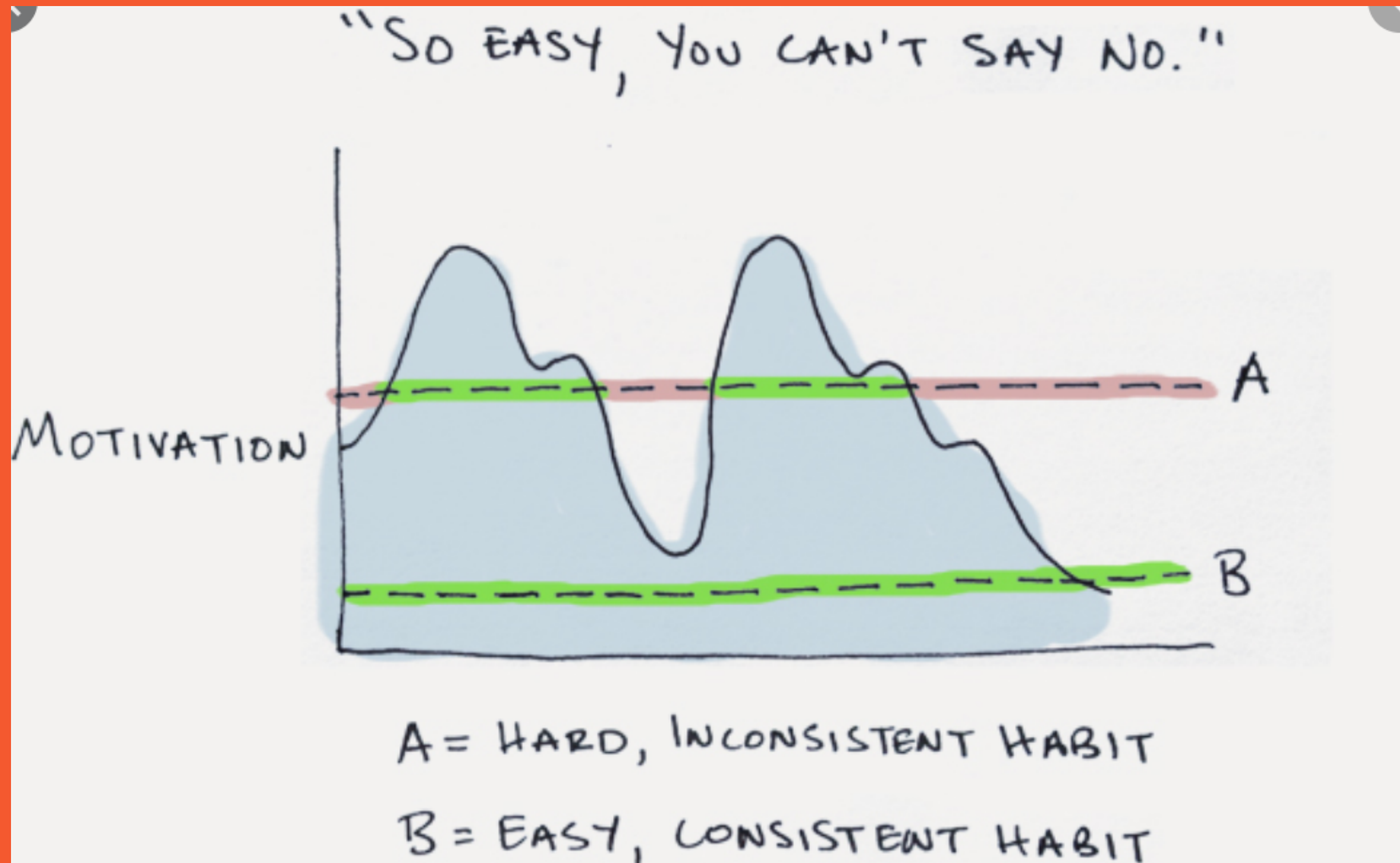
Account for approximately 40% of our daily behaviors



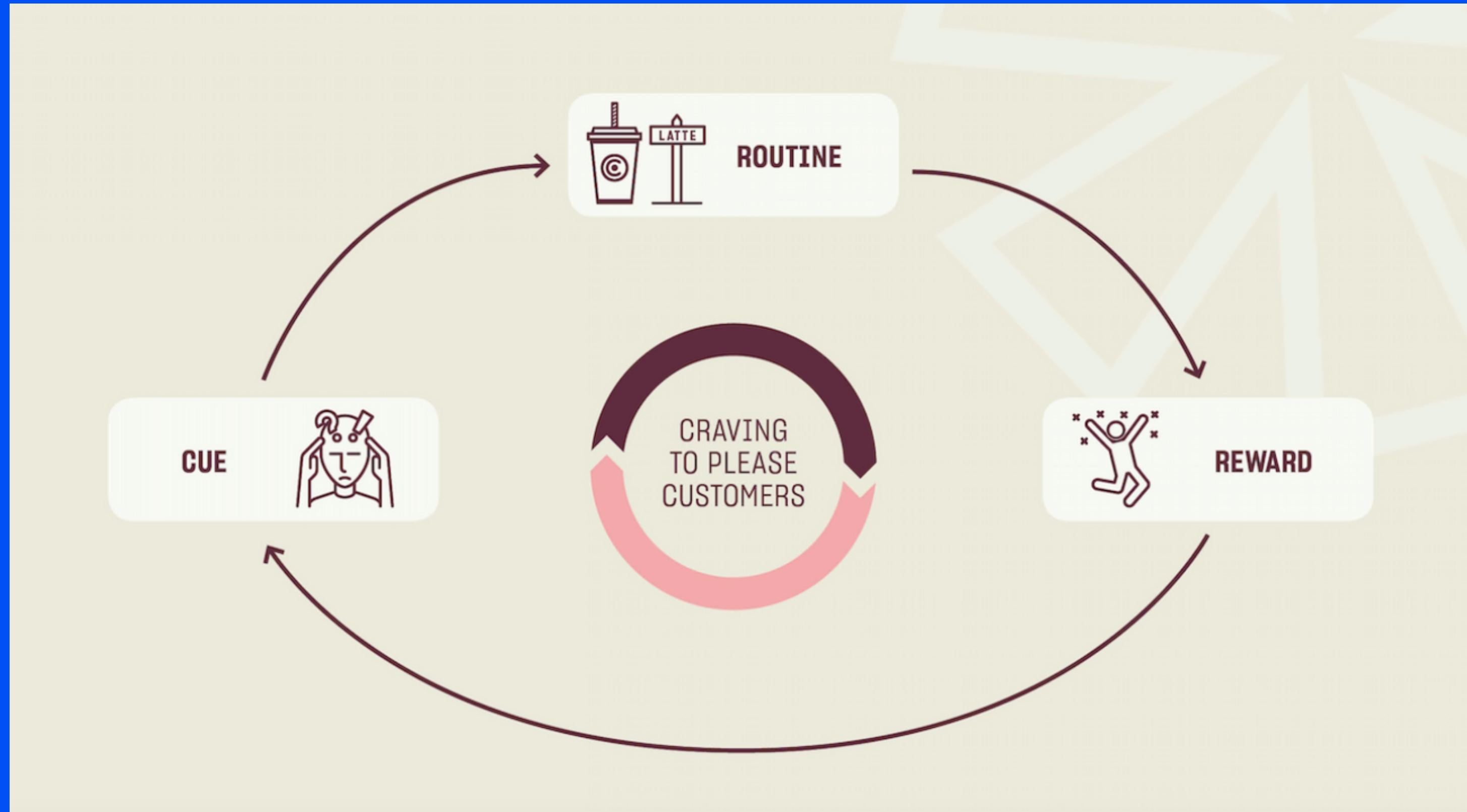
Why do you think habits are so important to your academic success?



Motivation vs. Habit



Why and how are habits formed?



Unproductive habits



Habits of successful students

Prioritize Coursework Part 1

- 1) Add your "givens"
- 2) Set aside time to study (consider productivity time and environment)
- 3) Add free time

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am			REC TIME			GET READY	LIE IN
6:30 am	LIE IN		GET READY				LIE IN
7:00 am						TRAVEL	GET READY
7:30 am			QUICK TIDY UP				
8:00 am	GET READY						
8:30 am							
9:00 am	GUSSIE						
9:30 am							
10:00 am			LONG BREAK				
10:30 am	REC TIME		STUDY				
11:00 am							
11:30 am			LONG BREAK				
12:00 pm	READ		STUDY			WORK	
12:30 pm							
1:00 pm			LUNCH				
1:30 pm			READ				
2:00 pm	GUSSIE						
2:30 pm	TIME						
3:00 pm							
3:30 pm							
4:00 pm	READ		LONG BREAK			R&R	
4:30 pm							
5:00 pm	REC		STUDY			READ	READ
5:30 pm							
6:00 pm				TEA			
6:30 pm					PACK	REC TIME	REC
7:00 pm	PLAY WEEK		REC TIME			READ	PACK
7:30 pm							TRAVEL
8:00 pm			READ			BED TIME	
8:30 pm							GUSSIE
9:00 pm						EARLY NIGHT	BED TIME
9:30 pm			BED TIME ROUTINE				
10:00 pm				SLEEP			

Part 2

Keep track of how you are actually spending your time

When you had months to prepare for your exams but you still left it all until the night before

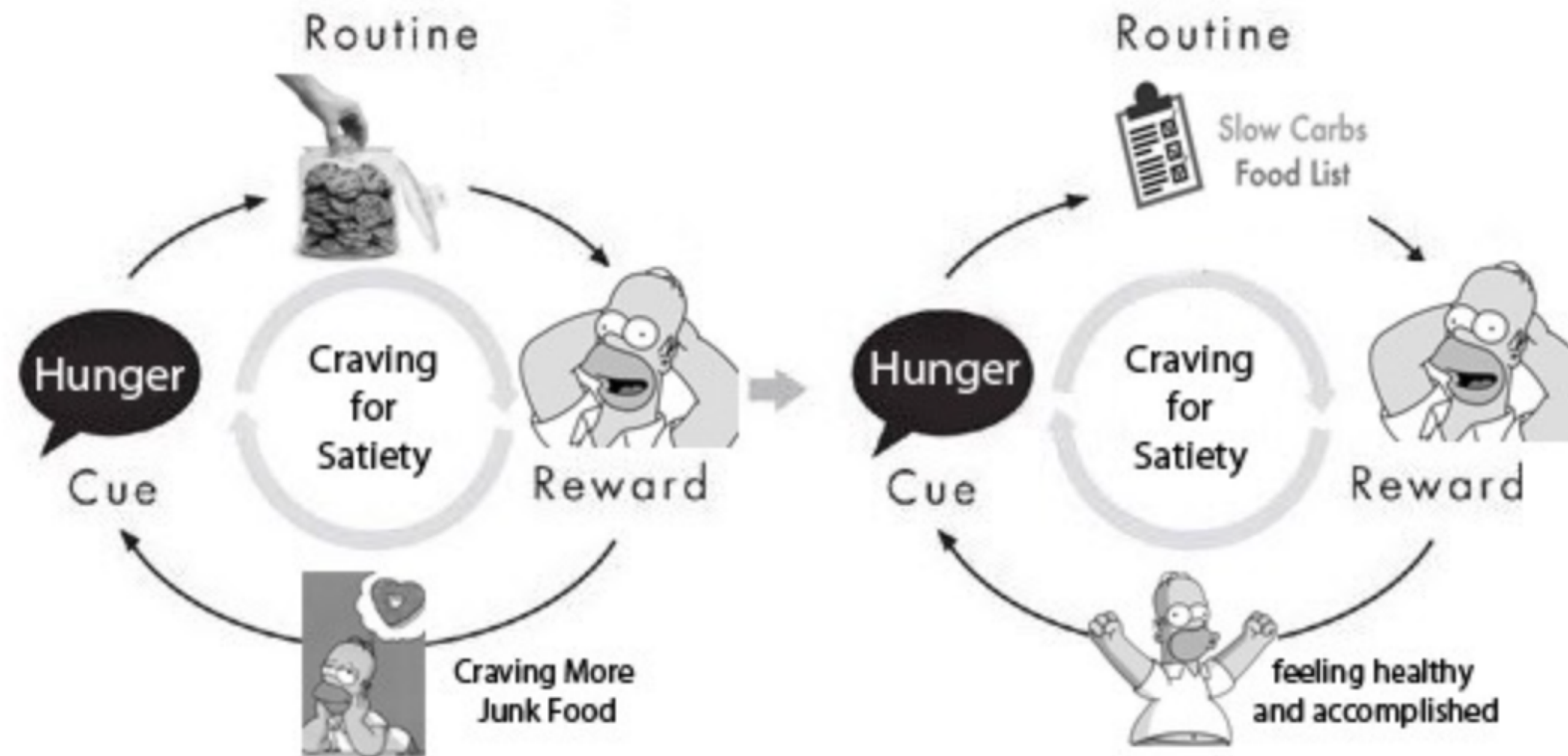


More habits of successful students

- 1. Being in the flow state. Not multitasking**
- 2. Practicing regular self-care: exercise, sleep, nutrition**
- 3. Managing environment as much as possible**
- 4. Self-awareness**
- 5. Knowing when to ask for help & using resources**
- 6. Harnessing intrinsic motivation**

Break unproductive and make productive habits

You Can't Extinguish a Bad Habit, You Can Only Change It.



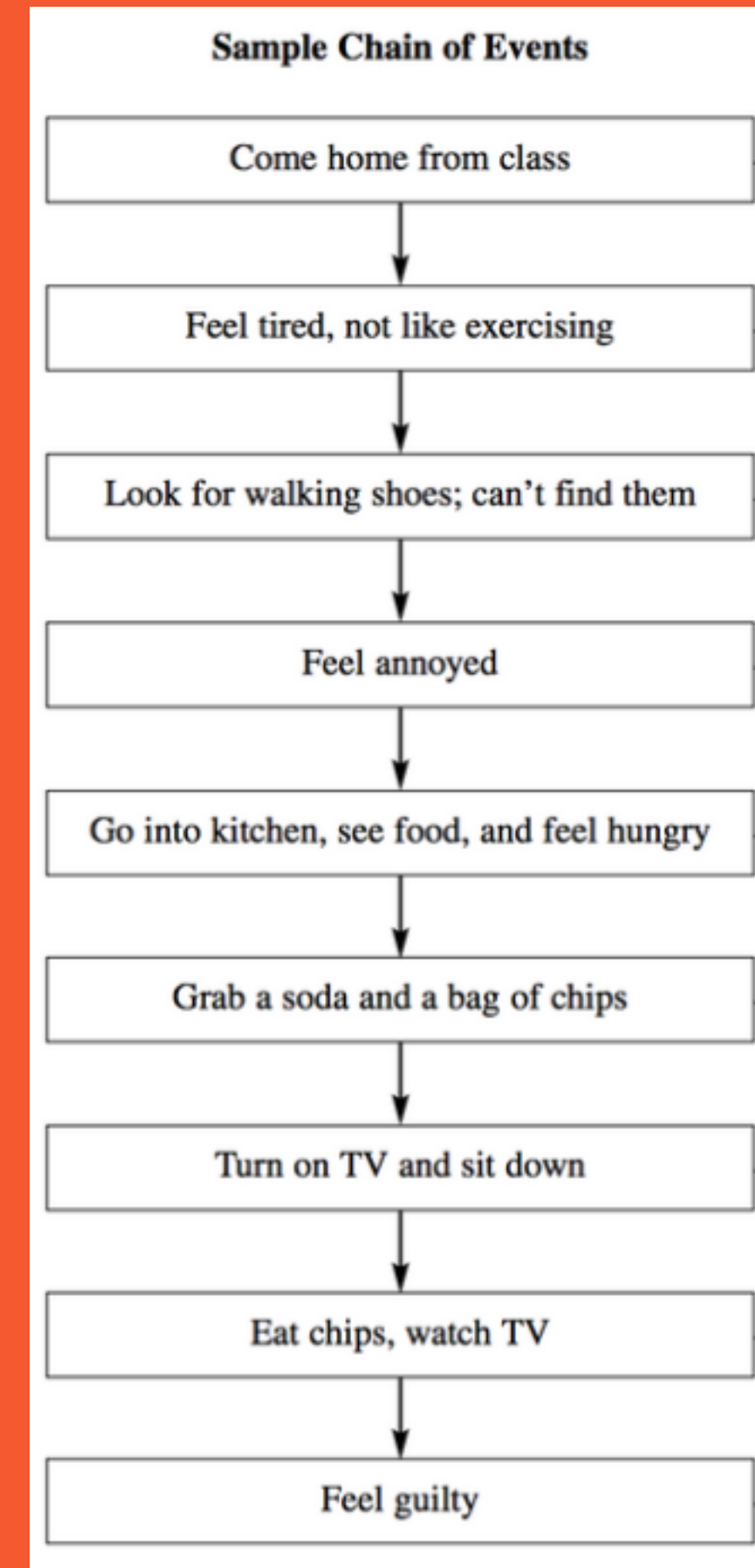
HOW IT WORKS: USE THE SAME CUE. PROVIDE THE SAME REWARD. CHANGE THE ROUTINE.

1. List an unproductive habit loop you would like to change

1. Cue

2. Routine

4. Reward



More examples

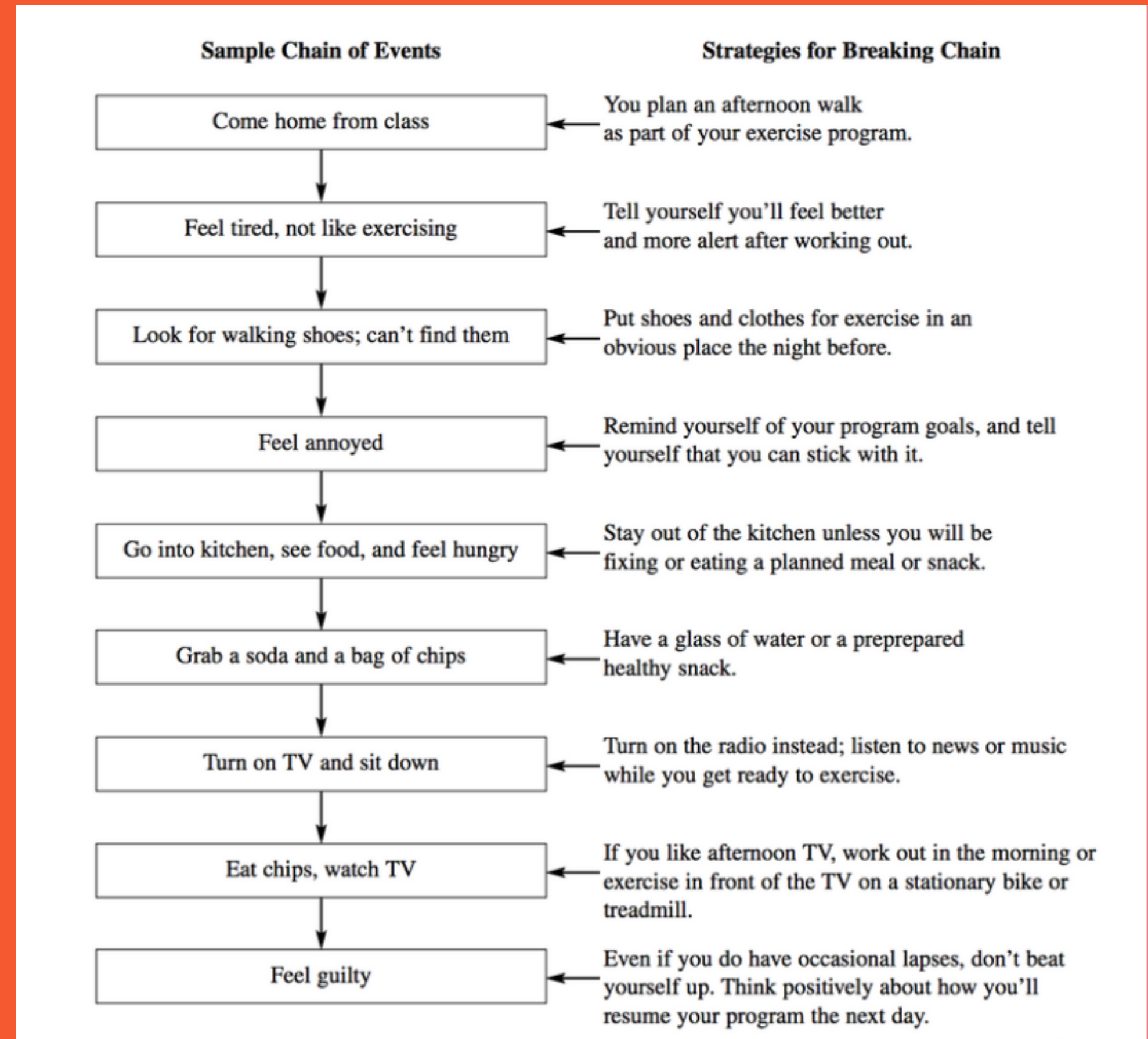
Problem phase		Solution phase	
1. Cue	2. Craving	3. Response	4. Reward
Your phone buzzes with a new text message.	You want to learn the contents of the message.	You grab your phone and read the text.	You satisfy your craving to read the message. Grabbing your phone becomes associated with your phone buzzing.
You are answering emails.	You begin to feel stressed and overwhelmed by work. You want to feel in control.	You bite your nails.	You satisfy your craving to reduce stress. Biting your nails becomes associated with answering email.
You wake up.	You want to feel alert.	You drink a cup of coffee.	You satisfy your craving to feel alert. Drinking coffee becomes associated with waking up.

2. Identify alternatives for each step

1. What is the cure? "What will remind you to work out?"

2. Choose a reward. What motivates you?

3. Execute the routine. The cue reminds you of the routine.



Put it all together!

When I see _____ I will _____ in order to get

Cue

Behavior

_____.

Reward

Things to consider

1. Consistency is key
2. Falling back on old habits is normal – how will you get back on the bandwagon?
3. Find an accountability partner
4. Establish a new habit with a pre-existing habit
5. It's important to believe you can actually change

