

Using Atomic Habits, Mindset Interventions, and Other Simple Steps to Reimagine Student Success

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Agenda

- Mindset Intervention
- Building Student Confidence
- Setting Goals and Motivation

Mindset Tricks

Kelly McGonigal (2013). How to Make Stress your Friend TED Talk:

<https://www.youtube.com/watch?v=RcGyVTAoXEU>

Key Takeaways

- It is not stress itself that is damaging. How we think about stress is what is dangerous.
- When we change our mindset around stress, stress can become a tool rather than a burden.
- When we change our mindset around stress, it is no longer dangerous to our health or well being.

3 Simple Steps for Effective Mindset Intervention

1. Identify the target thought/attitude to change.
 - a. Example: “I’m just not good at writing.”
2. Reframe the thought/attitude.
 - a. Example: “Writing is a skill that can be learned.”
3. Tell someone about the new perspective.
 - a. Example: Ask students to share their new perspectives at the start of each seminar.

(McGonigal, 2015).

Mind-set Interventions for Procrastination And Discomfort Tolerance

“People engage in this irrational cycle of chronic procrastination because of an inability to manage negative moods around a task.”
(Winkowski, 2019).

We aren't avoiding the task; we're avoiding discomfort (Haupt, 2021).

Effective visualization utilizing a students' internal locus of control, and highlighting the resources available, can help them manage the kind of anxiety that causes them to freeze (McAdam, 2021).

Doing the thing is less painful than thinking about doing the thing.

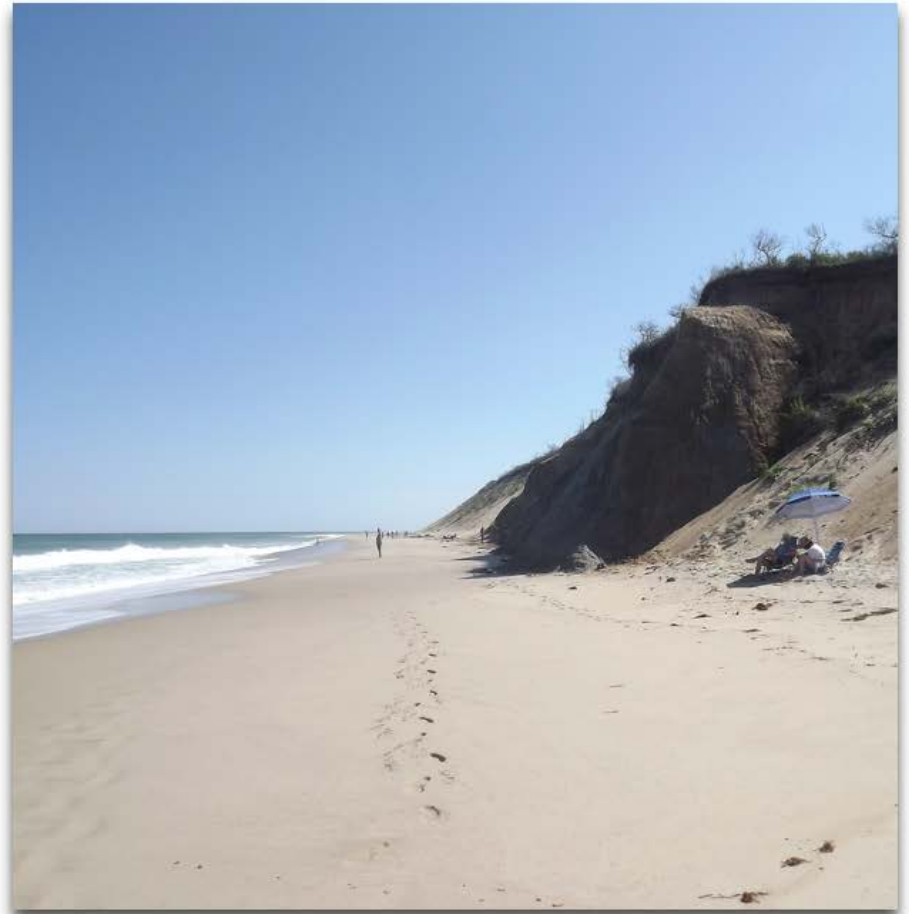
Working toward your goals is hard.


Living a life you're not happy with is hard.

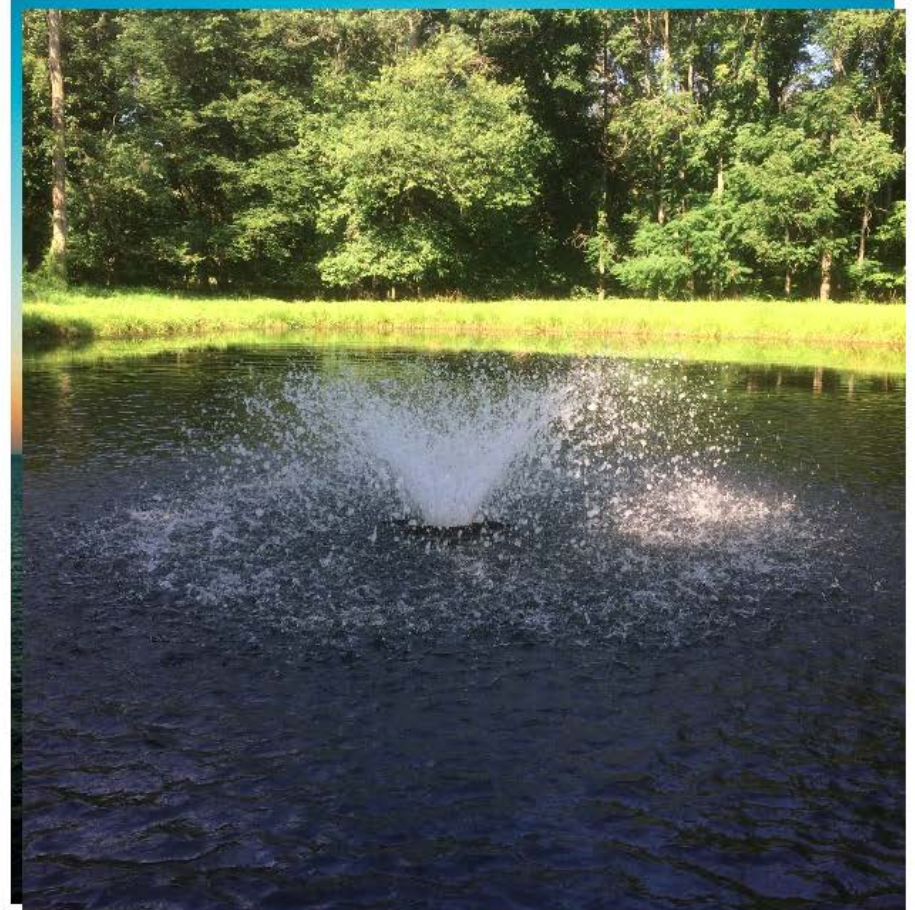
Choose your hard.

Building Student Confidence

- “With the same habits, you’ll end up with the same results. But with better habits, anything is possible” (Clear, 2018, p. 4).
- Students benefit from seminar and discussion board feedback that reinforces good habits.
- The goal is to build student confidence in themselves as writers and readers.



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- “It’s only by making the fundamentals of life easier that you can create the mental space needed for free thinking and creativity” (Clear, 2018, p. 47).
 - “Building habits in the present allows you to do more of what you want in the future (Clear, 2018, p. 47).
 - Achieving Goals=Student Success!



Create your Good Habit

Cue ⇒

Make it obvious

Make it attractive

Make it easy

Reward ⇒

Make it satisfying

Break your Bad Habit

Make it invisible

Make it unattractive

Make it ^{not} easy but Hard

Make it unsatisfying

source: Atomic Habits by James Clear (p. 54)



Goals are for Losers

Goals:

Losing 30 pounds

Run a marathon

Earn all A grades (4.0)

Be less stressed

Systems:

Eating right/Macro counting

Daily exercise

Meet weekly with the tutors

Take a daily walk and journal for 10 minutes.

(Murphy, 2020)





I will
[BEHAVIOR]
at [TIME]
in
[LOCATION]

Habit Stacking

The habit stacking formula is:

After/Before [CURRENT HABIT], I will [NEW HABIT].

Student's routine habit stack might look like this:

1. After I pour my morning cup of coffee, I will work in Hawkes Lab.
2. After I attend seminar, I will post my initial discussion board post.
3. After I post my initial response, I will respond to one classmate.
4. After I submit my rough draft, I will send it to the Writing Center.
5. After I complete my paper, I will review the rubric.

Is Motivation Overrated?



Environment > Motivation



Automate. Automate. Automate.

- ❖ “One of the most practical ways to automate good habits is to look for onetime choices that require a little bit of effort up front but create increasing value over time.”
- ❖ “When you automate as much of your life as you possibly can, you can spend your mental energy on the tasks machines cannot yet do.”
- ❖ “When working in your favor, automation can make your good habits inevitable and your bad habits impossible.”

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