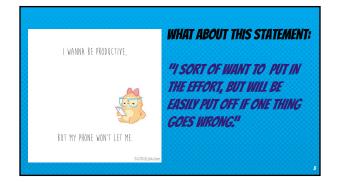


HOW MUCH DO YOU
AGREE WITH THE
FOLLOWING STATEMENT:

"EVERY TIME I TRY TO
WORK - SOMEONE OR
SOMETHING DISTRACTS
ME."



HOW OFTEN ARE YOU...

1. DISTRACTED
BY A PHONE
CALL OR TEXT?

2. DISTURBED
BY FRIENDS
COMING OVER?







- In the Book "Psychology of Action" (1996) Peter Gollwitzer and John Barge argue that these happen because you have low: "Implementation Intention."
- They argue that successful students anticipate these problems and plan how to Respond to them.
- They suggest that the answer is to Anticipate obstacles and build in pre-prepared solutions.
- Using their method you can effectively beat self-sabotage before it even happens...



RESPONSE - STUDENT 1:

"I'll get started on that first thing in the morning."

- This is a really common internal dialogue most of us do it!
- The problem is; it only needs one distraction to bring the whole plan to a standstill.
- The plan is a good one, but it doesn't account for any unforseen changes.

RESPONSE - STUDENT 2:

"I'll get started on that first thing in the morning. And...."

...If I wake up late by accident, then I'll use my morning break to start instead.

...if I feel really demotivated, then I'll get some caffeine to give me a boost.

...if I get disturbed by friends, then I'll make an excuse and go to the library.

...if the internet is down, then I'll start by using my class notes and save the research till later.

IMPROVE YOUR IMPLEMENTATION INTENTION

It's easy to see which student is most likely to succeed!!

NOW YOUR TURN...

Take 5 mins to think and make a list all the usual blockers you use. THFN

Spend 5 mins thinking through a solution you can COMMIT to for each one.

This will help you strengthen your Implementation intention. You WILL put the effort in even if small things crop up!

IF/THEN PLANNING After a while, you'll become good at internalising this kind of planning and won't have to write it down at all. Then... Then...

FINAL THOUGHTS

- If...then planning should start quite deliberately.
 The grid should be used to record your intentions, then kept somewhere you can see it.
- Try sticking it on the fridge or above your desk.
 When obstacles arise then you can refer to your plan, to help you decide what to do!
- After a while you'll become good at internalising this kid of planning.
- And be able to do it more instinctively a good place to be