



PRESENTS:

"THIS IS DRAINING ME: COGNITIVE LOAD & DECISION FATIGUE IN STUDENTS"

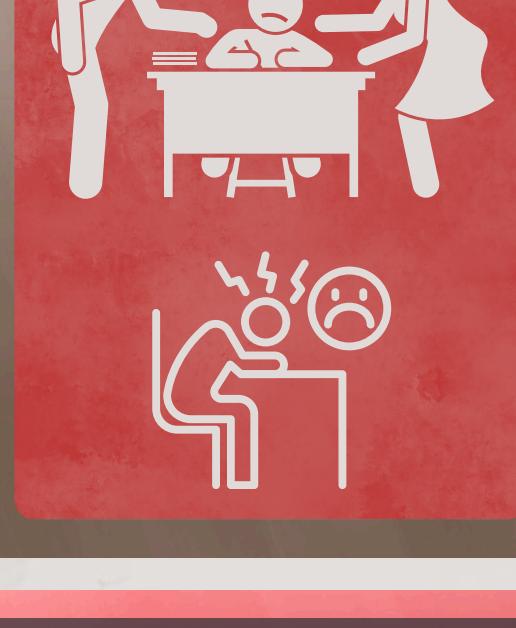
Common Academic Challenges that affects the Students

1. Philippine students face amplified perfectionism from cultural and academic pressures

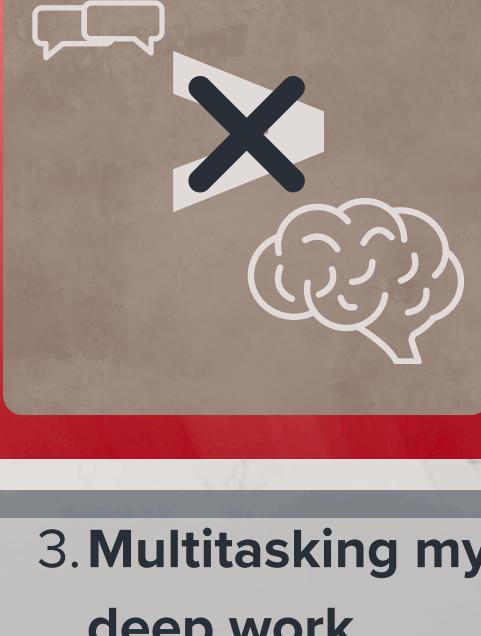
There are cases by Tan and Govindan that Family expectations and competitive school environments,

often prioritizing high grades over learning. This fosters social approval-seeking and intensifies procrastination linked to fear of failure.

Solution: Set autonomous, process-oriented goals and Foster open family-school dialogues.



2. Prompt-based AI assistants batch cognitive loads



According to Chen, (2025) Over-dependence skips essential processing, and critical thinking as seen in studies where AI users struggled post-tool removal.

Solution: Scaffolded AI prompts with reflection pauses counter over-dependence. and place an "AI + human review" in order to receive proper critique and foster critical thinking.

3. Multitasking myths worsen switching costs, hindering deep work

2.5% of people multitask effectively, with most **losing 20% cognitive capacity per switch**, leaving little room for focused academic efforts like essay writing.

It Impacts on students during homework or class showing poorer memory and overall productivity drops of 27.5% on average.

Solution: The Pomodoro Technique builds focus momentum. Work in 25-minute sprints with 5-minute breaks, training the brain to be resilient and faster overtime.



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