

Learning

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Application of Psychological Therapies

Procrastination

Academic procrastination is often described as “student syndrome” as many students often begin to engage themselves in a task just before deadline.



I don't procrastinate. I wait until the last minute to do things, because I will be older, and therefore wiser

How to beat Procrastination?

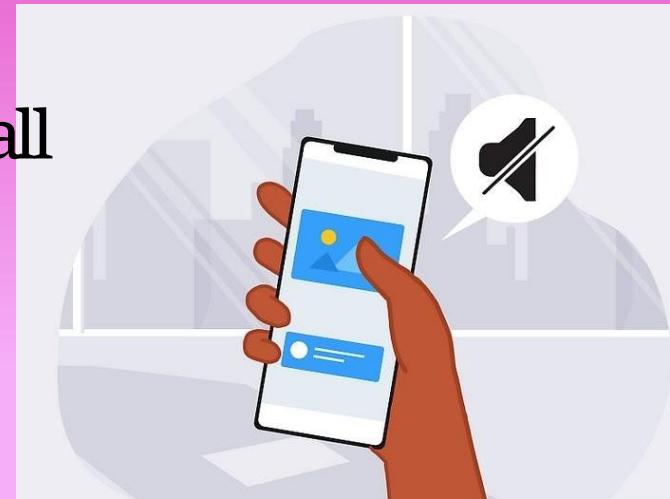
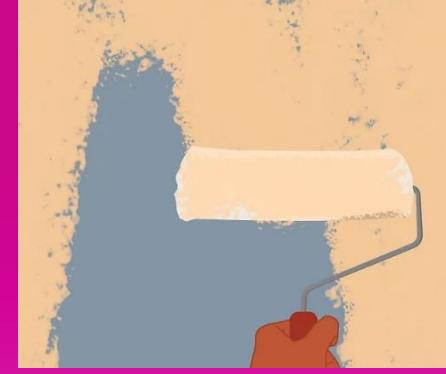
Eat the frog first

- Eating the frog is the process of identifying your most difficult task of the day and completing it before you do any other work.
- If you have to eat two frogs, eat the bigger one first. Identify which task is more challenging and do that first thing.



Avoid sirens songs

- Sirens songs are everything that distract you from doing important tasks. Therefore, if you want to be more productive during your worktime, you have to create distraction free environment.
- One of the first things Steve Jobs the company he founded was painting everything white and removing all possible distractions. When he was asked: “Why everything is white? Why is everything so perfect?” He answered: “Because I want to think clearly.”
- Thus, if you want to think clearly too, you should clean out all distractions.



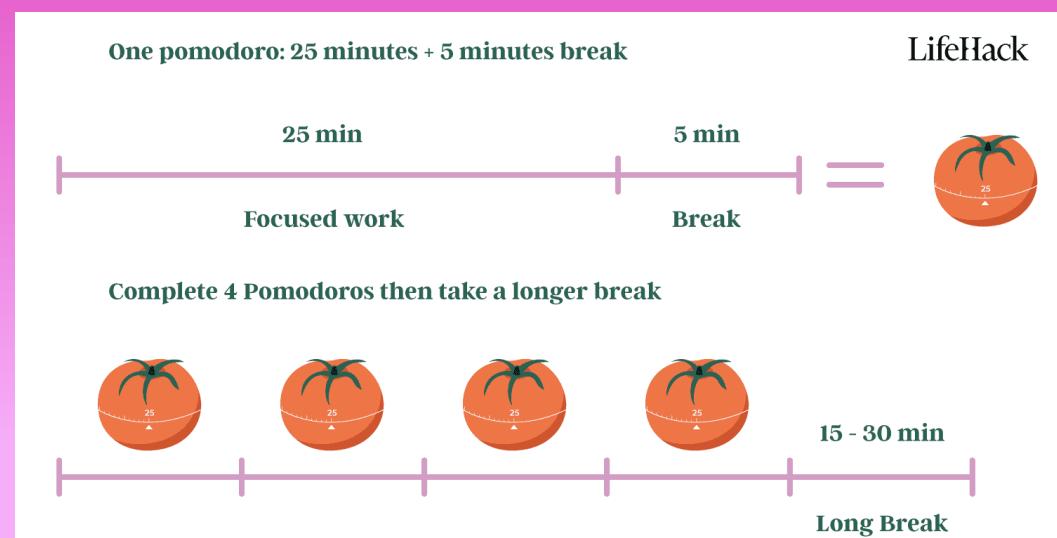
Create streaks

- Streaks are chains of days in a row on which you achieve your goals. You should track them in a way that's motivating and convenient. For example, you can use a dedicated app, (by marking a big X in a calendar on each day you achieve your goals).



Pomodoro Technique

- Set your timer for 25 minutes, and focus on a single task until the timer rings.
- When your session ends, mark off one pomodoro and record what you completed.
- Then enjoy a five-minute break.
- After four pomodoros, take a longer, 15-30 minute break.



Anger

How to deal with it:

- Take a Time-Out
- Use "I" Statements
- Set Boundaries
- Progressive Desensitization
- Time Management



How To Slow Down Your Anger Reaction

1

Take 3 deep breaths.

Breathe in slowly through the nose and out through the mouth.

2

Understand what triggered you.

Ask yourself, "what happened that made me feel angry?"

3

Identify 2 other emotions you feel.

Other emotions that trigger anger include sadness, shame, guilt, embarrassment, and fear.

4

Consider your next steps.

Ask yourself, "What do I need to do to control my anger so it does not lead to unwanted consequences?"

5

Control your anger before acting.

Don't lose yourself in anger. Take a break and calm yourself so you can behave in a way that is true to your character.

Peer Pressure

- Peer pressure is the influence that a person experiences from their peers. It can be positive or negative, but it is often associated with negative behaviors.
- Let's smoke and lighten up!
- Send me your assignment, I'll paraphrase.
- Let's make a code for cheating on MCQs.
- Drive freely, you only live once.
- Let's teach that student a lesson.
- Let's bunk today's lecture and we can call in sick.
- I'm going to post stories on social media that show what a great life I live or others would think I'm boring.

How to deal with peer pressure:

- Say “no” like you mean it:

Standing up to peer pressure will save you the trouble of getting pressured again in the future because it sends a clear message that you're not interested. You can say, “I don't do that” or “No thanks, I'll pass.”



How to deal with peer pressure:

- Use the buddy system:

If you have a friend who has similar values, keep each other in check as well as look out for one another. Back each other up and support each other in making good decisions. For example, if your friend is having a hard time saying no, chime in and say, “We’re just leaving now and going to the library.



Family Issues

How to deal with it:

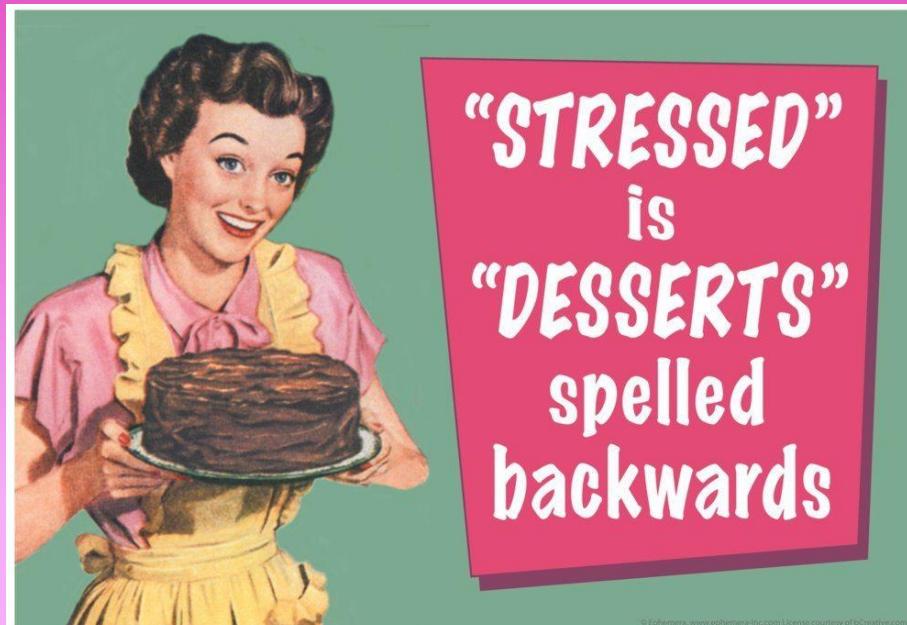
- Focus on Solutions, Not Blame
- Conflict Resolution Skills
- Practice Empathy
- Open and Honest Communication

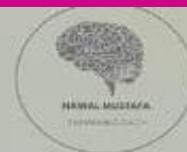




Take Home Message

Stress is NOT what happens to us.
It's our response to what happens.
And we can choose our RESPONSE.





How to Regulate Your Emotions

Nawal Mustafa M.A. @ thebraincoach

When I Feel...

I will...

Angry



Pause until I am able to think clearly so I can respond rationally instead of reacting.

Overwhelmed



Write down what I need to get done and focus on one task at a time based on importance.

Insecure



I will work on appreciating and accepting myself, flaws and all. I am more than I give myself credit for.

Rejected



I will acknowledge that this feeling sucks but I will not let it consume me. Rejection is redirection.

Discouraged



I will be kind to myself and remind myself of the reason why I am trying. I will use that as my strength.

Anxious



Focus on the present moment and take deep breaths to regulate my nervous system

Change your attitude

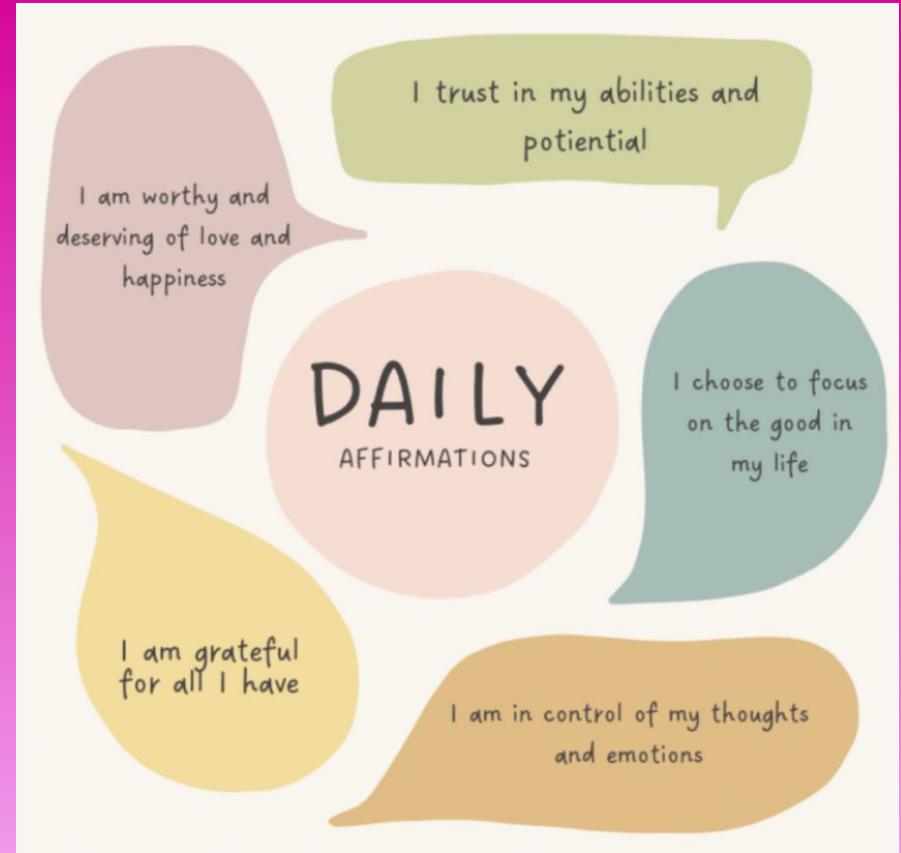
- Find other ways to think about stressful situations.
 - "Life is 10% what happens to us, and 90% how we react to it."



Positive Affirmations

Affirmations are effective for replacing negative or anxious thoughts with positivity, which can help you relax and calm your body. Knowing you have the ability to manage stress and other life difficulties can help boost confidence and self-empowerment.

- I am on the journey of becoming a very successful student.
- I love gaining knowledge which helps me in growing to my full potential.
- I am capable of handling anything that comes my way.
- I am asking for help when I need it.
- I am taking breaks when I need them.



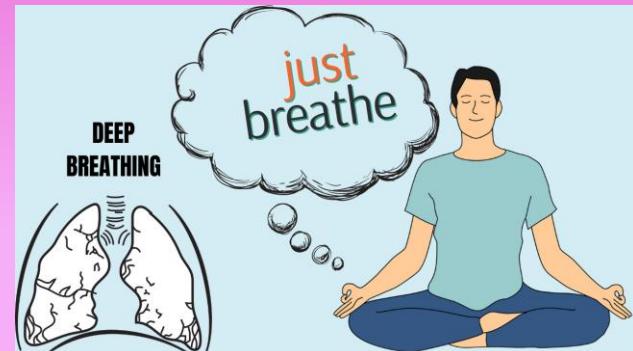
Laugh, use humor

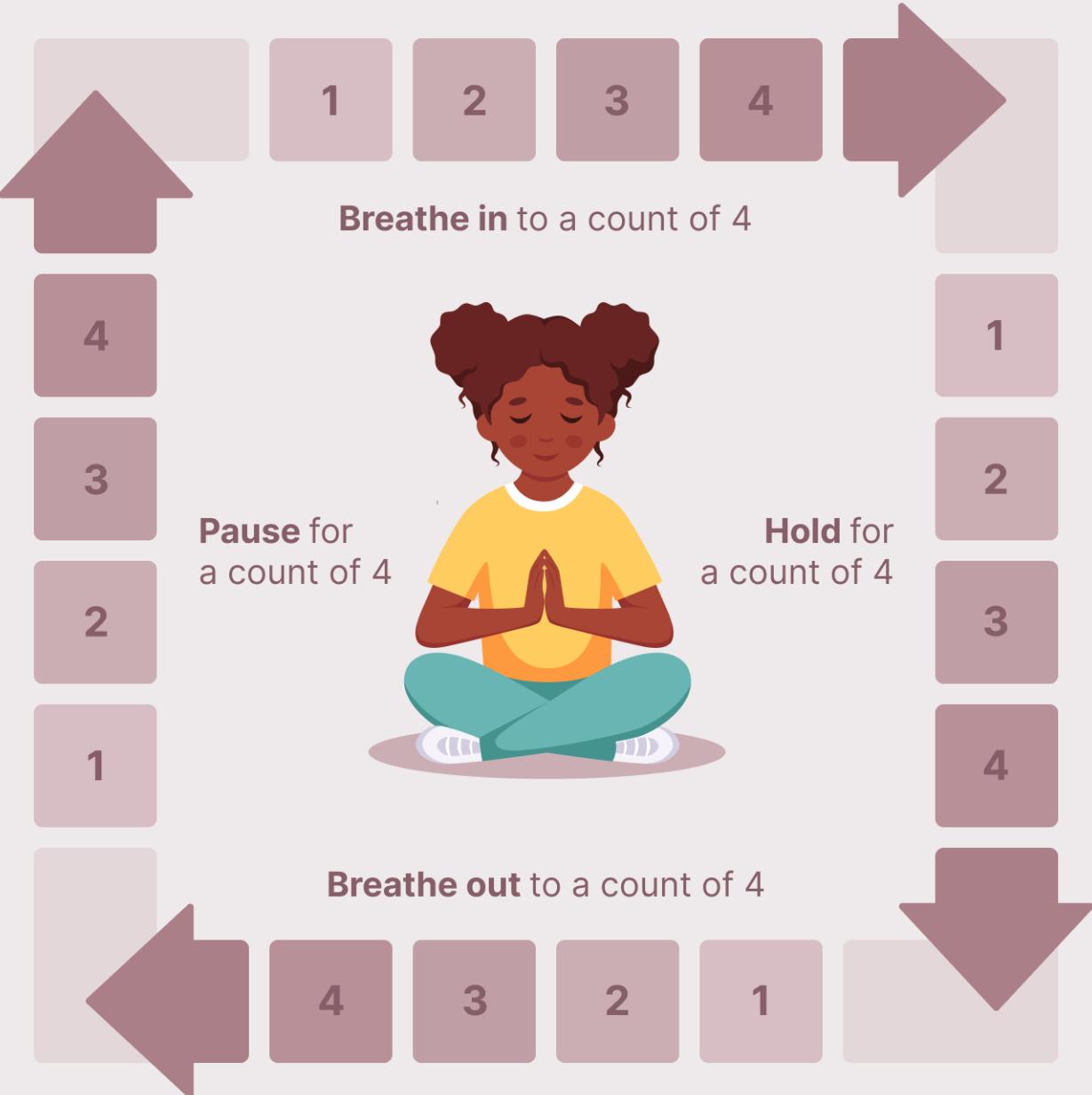
- Do something fun and enjoyable such as seeing a funny movie, laughing with friends, reading a humorous book, or going to a comedy show.



Taking Care of Yourself - Deep Breathing

- Sit back in your seat
- Make yourself as comfortable as possible
- Close your eyes
- Take a deep breath (inhale through your nose and exhale through your mouth)
- Breathe deeply until you feel calm and settled





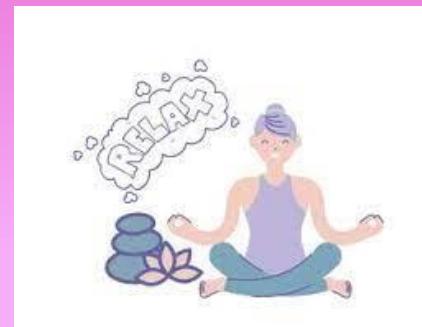
Slow down



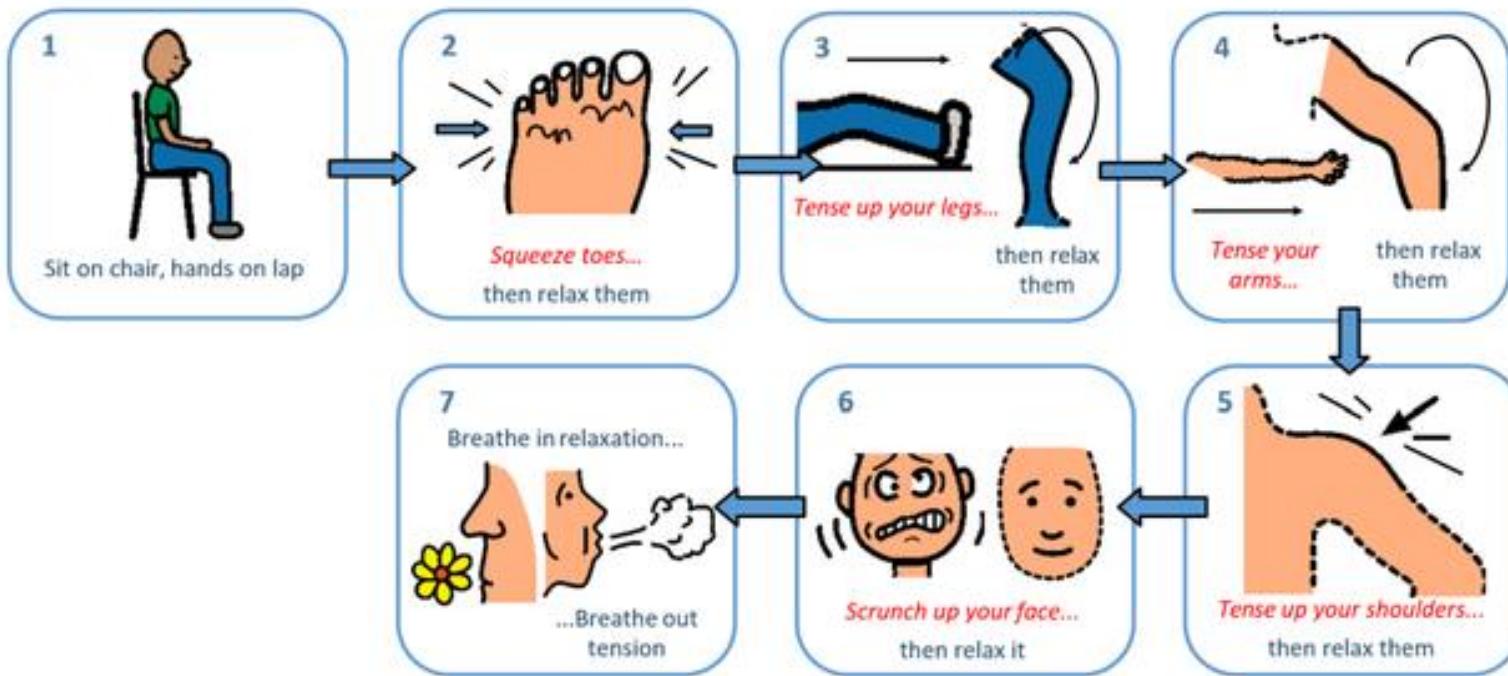
- Know your limits and cut down on the number of things you try to do each day, particularly if you do not have enough time for them or for yourself.
- Be realistic about what you can accomplish effectively each day.
- Monitor your pace. Rushing through things can lead to mistakes or poor performance. Take the time you need to do a good job. Poorly done tasks can lead to added stress.

Taking Care of Yourself - Progressive Muscle Relaxation

- Find a quiet place
- Find a comfortable position that supports your head and neck
- Close your eyes and take a few deep breaths
- Tighten the muscles of each legs for 5 seconds and then release
- Repeat this process with arms, shoulders, and face
- Focus on letting go of the tension in that muscle area
- Finish with slow and even breathing



Progressive Muscle Relaxation Routine



Get a hobby, do something different

- For a balanced lifestyle, play is as important as work.



An Important Question

When you start criticizing yourself for past mistakes or seeing disaster around every corner, ask yourself:

"Is there anything I can do right now to change the past or positively influence the future?"

If the answer is yes, do it - take action.
If the answer is no, be at peace - let it go.

You have to take action or let it go,
everything else is self-harm.

Stage Phobia and other anxiety issues' treatment

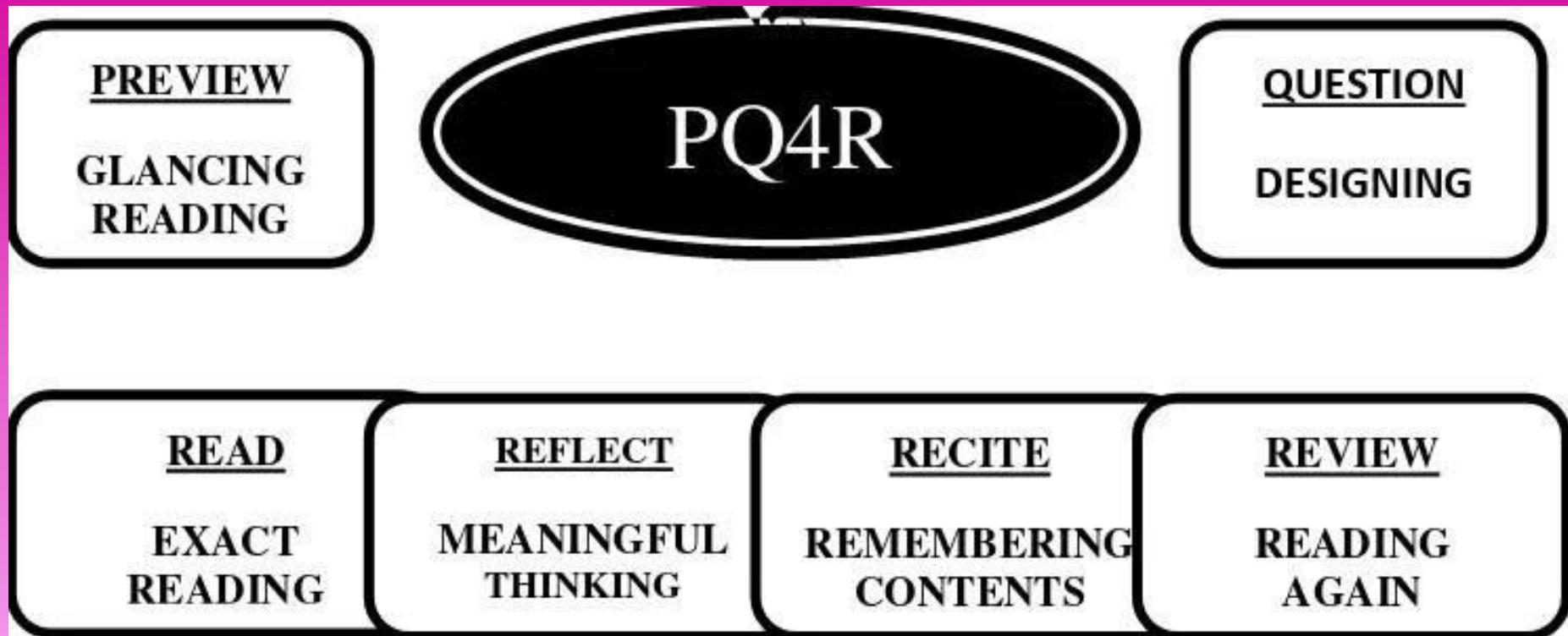
- Flooding: exposed to the harmless stimulus until fear is extinguished.
- Imagine someone has an intense fear of flying. They decide to face this fear by taking a long flight, despite their anxiety. They are exposed to the airplane environment for an extended period until their fear diminishes through the process.
- Systematic Desensitization: relaxation techniques designed to gradually expose you to whatever stimulus you fear while keeping you very relaxed.
- A person with a fear of spiders undergoes systematic desensitization with a therapist. They first learn relaxation techniques, like deep breathing, to stay calm. Then, they gradually encounter pictures of spiders and, eventually, real spiders while maintaining their relaxed state. This process helps reduce their fear.

- Positive Imagery and Visualization: The individual is guided to visualize themselves performing successfully on stage, feeling confident, and receiving positive feedback from the audience.
- Imagine an athlete who experiences performance anxiety before a big competition. They work with a sports psychologist to practice positive imagery and visualization. They close their eyes and vividly imagine themselves excelling during the event, hearing the cheers of the crowd, and feeling a strong sense of confidence. This mental rehearsal helps boost their self-assurance and reduces anxiety.
- Exposure Therapy: If individuals tend to avoid making decisions due to fear or anxiety, exposure therapy can be used to gradually expose them to decision-making scenarios. This can help desensitize them and build confidence in their abilities.
- Consider an individual with a social anxiety disorder who avoids social gatherings. They participate in exposure therapy sessions with a therapist. Initially, they might discuss their fears and concerns in therapy. As they progress, they gradually attend small social events, work on social interactions, and engage with larger groups. Over time, this exposure helps them become more comfortable with social situations and reduces their avoidance tendencies.

Active Learning: PQ4R Method

- Students learn more when they take a more active approach to learning:
 - This can be accomplished through the PQ4R method.
 - Six Steps laid out by Francis Robinson
 1. Preview
 2. Question
 3. Read
 4. Reflect
 5. Recite
 6. Review

Active Learning: PQ4R Method



The PQ4R method is a structured approach to reading and studying that helps improve comprehension and retention of information. It stands for:

- Preview: Before you read, quickly glance over the material to get a sense of its structure and content.
- Question: Formulate questions based on the material's headings, subheadings, and any questions or problems posed within the text. This helps to create a purpose for reading.
- Read: Actively read the text while looking for answers to the questions you formulated. Highlight or take notes as you read.
- Reflect: After each section, pause to reflect on what you've just read. Try to answer the questions you generated earlier.
- Recite: Summarize what you've learned by reciting it in your own words. This helps reinforce your understanding.
- Review: Regularly review your notes and the text to reinforce your memory.

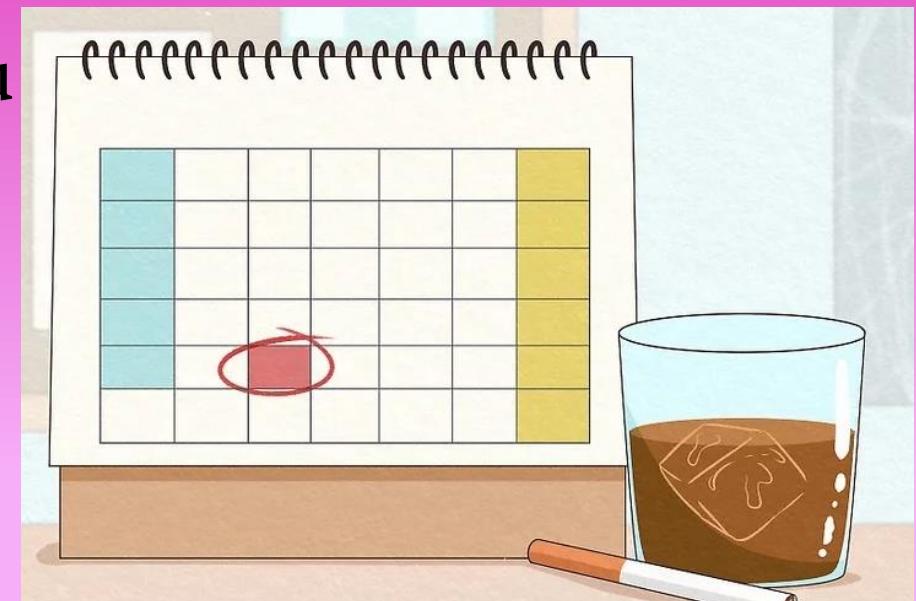
Substance Abuse

The influence of smoking, drugs and alcohol can have a significant impact on students, leading to addiction, impaired academic performance, and behavioral problems.

“One of the hardest things was learning that I was worth recovery.”

How to deal with substance abuse:

- Make a decision to quit
- Choose a quit date
 - Choose a date that's within the next 3 weeks.
 - Mark the date on your calendar so it feels real to you.
 - You might pick a date that's meaningful to you for added motivation.



How to deal with substance abuse:

- Write down reasons you want to change

A client's motivation
and view of self:

Drug Self

Lying
Fear of being caught
Aggressive
Hyperactive
Restless
Selling home
Borrowing money
Not being able to
Left home

Ideal Self

Working on job
Supporting wife
Drug-free
Great bond with
parents and children
Mentally stable
Saving finances

Cost and Benefit of
Substance
(with rating)

Cost (1-10)

Benefit (1-10)

-
- 1. Wife upset (10)
 - 2. Not wanting to stay at home (10)
 - 3. Humiliation (10)
 - 4. Disrespect from children (10)
 - 5. Feeling isolated (10)

T= 50

- 1. Relaxed feeling (10)
- 2.

T= 10

How to deal with substance abuse:

- Identify your triggers and make a plan to deal with them
 - Stress is often a trigger for all kinds of addictions. You could manage your stress using a meditation app, or a short walk outside.
 - Certain situations might act as triggers. You might decide to turn down invitations to events that might trigger you, or you could ask a friend to be your accountability partner.
 - Certain individuals can be triggers, so you may decide to spend less time around them.



Substance Use Triggers Worksheet

Instructions: List people, places, events, situations, objects, feelings, thoughts, memories, or times of day that trigger your cravings or urges. Rate the level of threat presented by each trigger using the scale below. Finally, list strategies for coping with each trigger that will help you avoid using.

0 ————— 1 ————— 2 ————— 3 ————— 4 ————— 5

No Threat

Moderate Threat

Severe Threat

Trigger (external or internal)	Level of threat (0-5)	Coping strategies
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Overthinking
(internal) 0 5 Distraction (TV, distracting worry time)

Stressful event
(external) 0 4 Social support

Old spot
(external) 0 5 Changing route
Calling friend

Bitter memories
of wife
(internal) 0 3 Writing (venting)

How to deal with substance abuse:

- Tell yourself you'll wait 10 minutes:
 - If you feel a very strong urge to use drugs, delay by telling yourself you will make yourself wait 10 minutes.
 - When that 10 minutes is up, if the urge is still strong, tell yourself you'll wait another 10 minutes. Keep delaying until the urge passes.



How to deal with substance abuse:

- Remove temptations from your environment
- Fill your time with healthy activities. Create new pleasant activities
- Celebrate every accomplishment
- Seek professional help
- Counterconditioning: replacing an undesirable response (such as craving or using substances) with a more desirable or healthier response.



- In the context of substance abuse, counterconditioning involves identifying the triggers that cause cravings for the substance and then training the individual to associate those triggers with alternative, healthier behaviors or feelings that are incompatible with substance use. This helps weaken the connection between the trigger and the urge to use the substance.
- For example, if someone feels the urge to drink alcohol when they are stressed (the stress is the trigger), a therapist might help them learn relaxation techniques like deep breathing or meditation (the new, healthier response). Over time, when the person encounters stress, they may automatically engage in relaxation techniques instead of turning to alcohol, effectively "counterconditioning" the old craving behavior.

Suicidal Thoughts

How to deal with it:

- Manage Negative Self-Talk
- Focus on Self-Compassion
- Peer Support
- Mindfulness and Meditation
- Develop Coping Strategies





Can We Understand The Unconscious Mind?

How to deal with it:

- Freudian Slip

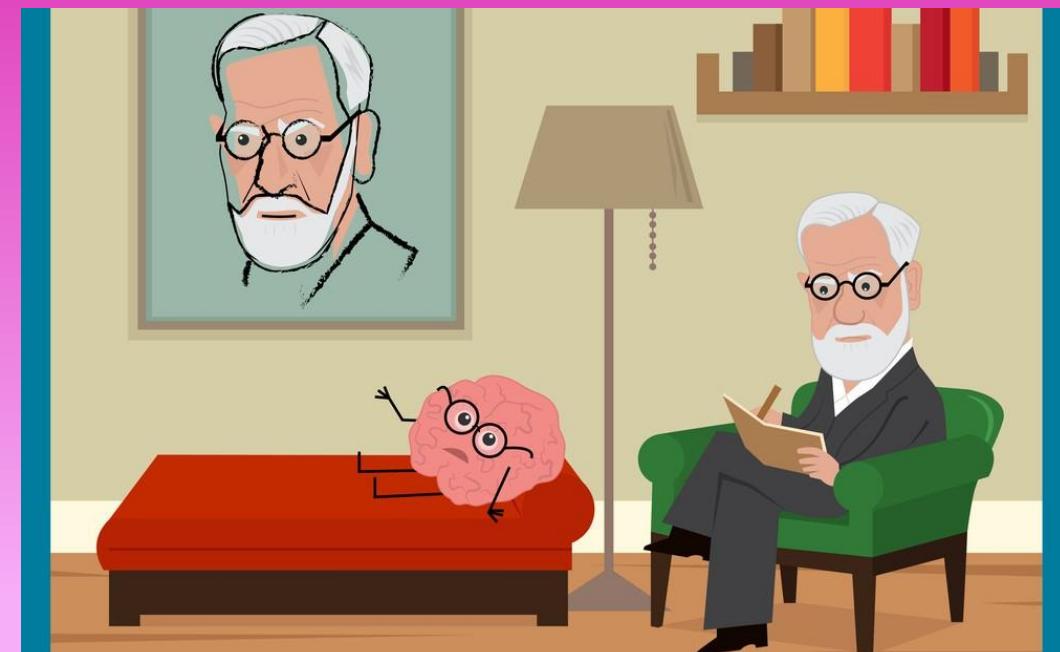
We reveal what is really on our mind by saying something we didn't mean to. Freud believed that these were no accidents but were due entirely to the workings of the unconscious. As such, they were a valuable source of insight into this part of the human mind.

Can We Understand The Unconscious Mind?

- Free Association

As unconscious ideas and emotions emerge, the therapist helps the client explore and make meaning of them.

- Dream Analysis Freud (1900) considered dreams to be the royal road to the unconscious



Thank you!