Hi everyone,

86- People Make Errors When They Are Under Stress

On a personal take on this topic, I do find that stress does drive me to make more errors but not because I can’t think straight, mostly because I’m in a rush to move to the next step so I can get it over with. They main driver for me is to be done with it. Probably one of the reasons why two modules ago I missed my discussion replies, I was going through some personal stuff, so the stress it caused made me want to just get everything done and made me not pay attention to detail.

*A*[*2012 study of behaviour under stress*](http://healthland.time.com/2012/03/05/decision-making-under-stress-the-brain-remembers-rewards-forgets-punishments/)*suggests that if we make decisions when we are stressed, we tend to focus on the rewards rather than the risks.*

*This is because acute stress affects the way our brains consider pros and cons, causing us to focus on pleasure and ignore the possible negative consequences of our decisions. Stress drives us to take action, regardless of the risks. In other words, when we get stressed, we are more likely to do things that feel good in the moment, but are bad for us in the long run.*

*For example, we may find it more difficult to resist eating snacks or smoking a cigarette when we are stressed, because at these moments only the pleasure associated with these activities comes to mind. Rewarding experiences (like a drug high) are remembered better, and negative consequences (like the crash afterwards) are less easily recalled.* [*https://mindapples.org/2018/05/15/why-we-make-mistakes-under-stress/*](https://mindapples.org/2018/05/15/why-we-make-mistakes-under-stress/)

87- Not All Mistakes Are Bad

Taking on the premise that we should learn from our mistakes, we can translate that into the web design world, and see how it can be taken advantage off. We know that users will make errors and with that they can learn through experience is our webpage is intuitive. But from a developer standpoint we can take advantage of this like many big companies do and collect the error data to help them improve on their design based on user feedback and (Agile Methodologies) which in short, incorporate feedback loops where mistakes are analyzed and used to improve.