

STUDY SKILLS HANDBOOK TIP FOR MID SEPTEMBER

What Drives Your Approach to Your Studies?

We often do things without considering why we do what we do. Understanding what drives you and makes you either take action or not take action (i.e. procrastinate) can set you free.

Our human needs to **avoid pain** and desire to **gain pleasure** are biologically driven and are the controlling forces in our lives. To change your behaviour, you must focus your attention on:

- How NOT changing your behaviour will be more painful than changing it.
- How changing will bring more and immediate pleasure.

To do this, you can ask yourself this series of focus questions when you need to get something done:

- What pain have you associated with doing that task?
- What will the consequences and pain be if you don't do it?
- Which pain is greater?

- What pleasure (if any) do you feel from not doing the task?
- What pleasure would you feel if you did do it and get it completed?
- Which pleasure is greater?

And lastly, what would it cost you NOW, if you don't start to take action?

By changing what you link and associate PAIN and PLEASURE to you can change your mindset and so change your behaviour.

You and your parents can learn more about how to create the right mindset achieve your academic goals at www.studyskillshandbook.com.au by logging in with the details below and working through some of the units.

Our school's access details are:

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