

We think we know more than we do- so many don't study enough

- **Self Serving Bias-** Most people distort the truth to feel better about themselves
- **Hindsight Bias-** If we can explain results after the fact we think we could have predicted or selected them
 - Both can lead to under preparation for exams

Brain Does Better With

- Good Food
- Good Exercise
- Good Sleep

Brain Does Worse With

- Too Much Stress
 - Most problematic?
 - Stress without a break
 - Feeling no control
 - Unexpected stress
- No stress at all- There is an optimal level of stress
- Coping Skills
 - meditate ect

Self regulation makes a difference

- **Self Regulation-** ability to delay gratification
 - People vary but you can train
- **Ego-Depletion Model of Self Regulation**
 - When we are ego depleted it is harder to self regulate

Set the stage for success

- Change environment to help at high risk times
 - Turn off cell phone ect.

Self Efficacy- The belief you can/ will succeed

- All else equal- people who believe they succeed are more likely to
- People vary on this but you can get more
 - Mastery and identification
 - Start with goals that are easier and move up
 - when we see people similar to us being successful, it increases our belief that we will be