



TOPIC/OBJECTIVE:

A simple way to break a bad habit

NAME:

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CLASS/PERIOD:

Avid 11

DATE:

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ESSENTIAL QUESTION:

Can habits be broken by being mindful of your actions?

QUESTIONS:

NOTES:

How are habits created?

When trying to pay attention
Positive and negative mental impact
Trigger → behavior → react → repeat

Why is being curious good? How does it impact the difference between wisdom and knowledge?

Each time we do this, it triggers a part of our brain becoming a habit
Getting curious about what they do but what you discover is called wisdom, what you know is knowledge.

What does the cognitive part of our brain tell you to do?

Cognitive part of our brain tells us what to do, like first reaction
When you become curious, you become a scientist who wants to find results

How does being curious break bad habits?

Example: People who are curious about smoking quit faster than people who smoke normally
Get curious → gain knowledge → quit → repeat
Feeling satisfied when breaking a habit is a big part of curiosity

What are the effects of mindfulness?

Mindfulness - Knowing what you are doing
Mindful smoking helps people stop smoking easily

SUMMARY:

When you are mindful and aware of your actions, it helps you break even the worse habits. Whether its not turning in assignments or smoking. Habits can be broken if you face the issue and are aware of it causing your brain to function and really think differently.

10/10 great!



TOPIC/OBJECTIVE:

How to Break a

Bad Habit

AVID

NAME:

Haquey Paw

CLASS/PERIOD:

6th

DATE:

3/10/15

ESSENTIAL QUESTION:

Why do bad habits form and why can't we stop a bad habit?

QUESTIONS:

How do study show that a bad habit forms?

Realizing what you do

NOTES:

- study show that half of people will have a dozen of bad habits because of their brain.
- Our brain tell us what we do everyday, and remind us to do thing everyday but in a different way.
- We use some thing that we like and we feel depress, we will keep eating or smoking to make us feel better.
- Many people fail to break a bad habit, but when they realized what they doing like smoking they stop smoking because they realized what smoking can do and what it do to human body.
- When people stress out they yelled and they get angry and mad even when you know it don't help. They think you can help the way of breaking bad habit is being serious about what

10/15
great

SUMMARY:

To break a bad habit you have to realize what things that you doing and what happen and what it can do to you when you do it.

QUESTIONS:

NOTES:

example of
how to break
a bad habits

your doing, because when you ^{concerns}
about what you doing it help you
think ahead about what you going to do next
if you get a text dont try back to
feel better because that going to make
you feel better by texting and you would
think that you would have to do it anytime
if someone texted you.
In order to stop dont look at the
massage, try to let it go slowly and
dont try to think hard about it
so you can feel better.

SUMMARY:



A simple way to break a bad habit

DeAndre Bryant

Period 6

03/10/16

ESSENTIAL QUESTION:

How do habits form & how can we break them?

QUESTIONS:

NOTES:

About how many people in the room

Even when we're really trying to pay attention, about half of us will doze off

will doze off during class?

What is positive + negative reinforcement?

Positive + Negative reinforcement
 - We see food that looks good 'Body': Calves! Taste Good!
 - When we see sugar our body tells us what we're eating and when we handle it.

What is the process in which we build habits?

See food → Eat food - Feel Good → Repeat
 Trigger → Behavior → Reward

Why does our brain create habits when they do something that makes them feel good?

Our brain create habits when they do something that makes them feel good.

By smoking as an example?

See food → smoke to feel good → repeat

SUMMARY:

Trigger: Behavior & Reward is the mental association which builds habits. Makes you feel good so you want to do it again. Our PC is what tells us that something is bad

10/16 great

QUESTIONS:

NOTES:

What causes you to do things when you're stressed?

The reward gives you the urge to do it in challenging times (stressful)

What were the reasons you smoked when they said "Mad as hell smoking" smells like stinky cheese, and tastes like chemicals "POCKS!" and then PC was Carlewe?

Smoking
- Were told to smoke and "think about what it's like when you do."
"Mad as hell smoking" smells like stinky cheese, and tastes like chemicals "POCKS!"
- Was aware that smoking is nasty

What does the brain do?

Prefrontal Cortex
- Understands we shouldn't smoke, tries to stop us from doing bad things like eat sweets, smoke etc.

What happens when you're stressed?

- First part of our brain that goes off when you're stressed
- We can't help ourselves sometimes when we're stressed
- We fall back in old habits

What do we have to do to form new ones?

As we begin to see the results of our actions, we let go of old habits & form new ones.
W/ a twist

The process?

Notice the urge → get curious → feel the joy of letting go & repeat

SUMMARY:

but does not function when we're stressed. To break habits we go through the mental process of noticing the urge → get curious → feel joy of letting go → repeat.