


What is cognitive learning theory pdf

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There's no such thing as a free lunch, and it goes for your brain, too. Every time you accumulate willpower to do something, it has mental costs. Writer and strategist Sebastian Marshall identifies some of these cognitive expenditures to understand how to get more done while maintaining as much of your mental reserve as possible. What is the mental burden of trying to do something? If it's worth it? What price are you going to pay if you're trying to do something in the world? I think that by figuring out what the usual costs of doing things are, we can cut costs and otherwise structure our lives so that it is easier to achieve our goals. When I sat down to determine cognitive expenditure, I found seven. There may be more. Let's start: Activation Energy - As described in more detail in this post, starting activities seem to take more willpower and other resources than to keep going with it. The required activation energy can be adjusted over time - something in the routine reduces energy activation to do so. Things like poorly defined next steps increases the activation of the energy needed to get started. This is one of the main obstacles for many people in many disciplines - just getting started. Cost of Opportunities - We are all familiar with the total cost of opportunities. When you do one thing, you don't do something else. You have limited time. But there also seems to be cognitive spending on it - a natural second guess choice by taking one path rather than the other. This is the sort of thing covered by Barry Schwartz in his Paradox of Choice work (there are some erroneous thoughts/omissions in PoC, but it's generally valuable). This is also why basically every significant military job ever said that you don't want to put the enemy in a position where their only way out is through you - Sun Tzu claimed, always leaving a way for the enemy to escape, which divides their attention and options. Hernan Cortez famously burned the boats behind him. When you do something, your mind is subtly aware and anxious about other things you don't do. This is a significant cost. Inertia - Eleazer Yudkovsky wrote that people are adaptive-executive, not fitness maximums. He spoke in terms of large-scale evolution, but this also applies to our day-to-day business. Regardless of the personal adaptations and procedures we've gotten into, we tend to perpetuate. Usually people do not violate these procedures unless a dramatic event occurs. Very few people self-thoroughly and do radical things without external events happening. The difference between activation energy and inertia is that you may want to do something, but it's hard to get started - it's activation energy. While inertia suggests that you will do what you did, and pretty much turn off your mind. Getting out of inertia requires serious energy and seeks to make people They usually only do this if something else makes them more uncomfortable (or, very rarely, when they get incredibly inspired). Ego/willpower depletion - Wikipedia article about ego depletion is pretty good. Basically, a lot of recent research shows that by doing something that takes significant willpower your battery of willpower gets drained by some, and it becomes increasingly difficult to do other high will necessary tasks. From Wikipedia: In an illustrative experiment to deplete the ego, participants who controlled themselves while trying not to laugh while watching a comedian did worse on later tasks that require self-control compared to participants who don't have to control their laughter while watching the video. I highly recommend you do some reading on the subject if you don't - Roy Baumeister has written some excellent works on it. Neurosis/fear/etc - Almost all people naturally have more risk than getting inclined. This seems to have been chosen for evolutionarily. We also tend to fear a lot more than we should for certain activities - especially those that run the risk of social embarrassment. I never realized how strong these forces were until I tried to break out of them - whenever I got a strong backlash from someone on my letter, it made it much harder to write pieces that I thought would be popular later. The basic things are like writing titles that will make the post spread, or polishing the first paragraph and the last sentence - it's like my mind weighed in against the pro/con side that it would generate criticism and it was... scary not quite the right word, but something like that. Some tasks can legitimately say that neurosis is inducing - meaning that you start getting more neurotic when you ponder and start doing them. Things that are almost guaranteed to generate criticism or risk failure often do so. Anything that risks compromising a person's self-esteem can be neurosis inducing too. Changing hormonal balance - too often ignored costs. Many activities will change your hormonal balance for better or worse. Entering conflict situations can and does increase adrenaline and cortisol and other stress hormones. Then you face the withdrawal of adrenaline and crash later. Of course, we are mostly biochemistry, so a significant change in hormonal balance affects a lot of our body - immune system, breathing, digestion, etc. Many people are aware of this kind of peripheral, but there hasn't been much discussion about hormonal changes in the costs of many activities. Costs Maintenance from the idea of re-emerging in your thoughts - Another undervalued cognitive maintenance costs in your thoughts from the idea repetitive, especially when the full cycle is not completed. In Getting Things Done, David Allen talks about how open loops are all that aren't where it should be. They periodically arise in our thoughts, often at the wrong time, consuming thoughts and energy. This is normal if the theme is extremely nice, but if it is not, it can carry you. Completions appear to reduce maintenance costs (though not entirely). An example might be not filling your taxes yet - it arises in your thoughts at random times, to disrupt other thoughts. And it's usually not nice. Taking on any project, initiative, business, or change can generate these maintenance costs from the thought of re-emerging. Conclusion I identified these seven as mental/cognitive expenses to try to do something -Activating Energy/Opportunity cost/Inertia/Ego /willpower depletion/Neurosis/fear/etc. Changing hormonal balance/Maintenance costs from the idea of re-emerging in your thoughts I think we can reduce some of these costs by planning our tasks, living at work, social life and the environment wisely. Other ones are good enough to just be aware so we know when we start to drag or with difficulty. Thoughts about other expenditures, or ways to reduce them, are very welcome. (As yet no reviews) Write Review Number Price Applied (No Reviews Yet) Write review Item: #SMR678 Weight: 1.00 LBS Author: Thomas H. 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But most organizations don't have the strategy to address them. Related Topics: Newsletter Promo Summary and Excerpts From books, special offers, and more from the Harvard Business Press Review. People undergoing cancer treatment sometimes have cognitive changes such as problems with memorization, paying attention, or or Clearly. It is important to understand why these changes are taking place and when to find help and support. Cognitive dissonance can also affect our relationships, Says Leikam. This can play a big role in relationships, from friendship to marriage. Although cognitive dissonance is by definition a tension, it does not always lead to big fights with friends or partners. Let's say your usually thoughtful husband forgets about Valentine's Day and does not plan anything. He didn't even get you a card. You can decide to confront him about it and tell him that your feelings were hurting. Or maybe you'll work through the contradiction you feel on your own. You can change your beliefs - deciding that maybe he's not all that thoughtful after all - or rationalize your behavior to downplay the importance in your mind by saying: Oh, he's had a very busy week at work. He must have just forgotten. It's not a big deal. Learn more about mental health and relationships Now it can be helpful sometimes, it can also lead us to compromise important values or beliefs that we don't want to change and can cause internal conflict, says Leikam. Maybe you decide that you're ok with your husband to be less romantic, even though these small, loving gestures were once important to you. Maybe that's fine with you. But if in the depths of life you are still indignant that behavior that tension can lead to more problems over time. A more serious example is when a person in an abusive relationship rationalizes, acquies, or justifies the behavior of an abusive partner to appear normal. Lakem says. The victim, motivated by the desire to make the relationship work, can say: Everything will be fine as soon as he learns to manage his emotions better, or I deserve it for talking to him in this way. The victim decides the dissonance he or she may feel in a way that allows the offender to keep up with abusive behavior. RELATED: Ford-Kavanaugh Hearing the trigger of trauma in sexual assault victims Another common phenomenon is that the relationship starts strong and the abuser often plays the role of caring, loving partner or spouse before the violence begins, says Leikam. Thus, the victim has a number of beliefs about his partner and may consider abuse as an exception rather than a reflection of the offender's personality. 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