

Fogg Behavior Model

Struggling with Procrastination? Feel like you've tried everything to make a change?

The Fogg Behavior Model (FBM) offers an additional bit of insight into how you can work toward putting those long-term memory techniques into action.

There are three components to the model:

- 1) Motivation
- 2) Ability (Simplicity)
- 3) Trigger

Motivation is clear. You want to do well each block. The next two parts are more difficult to implement.

Ability, or more specifically the *simplicity of task*, helps a person make a positive behavior change. Thus the reason many of you love cramming & First Aid. "Just tell me what I need to study!" "What's high-yield?!" Some simplicity methods fail to line up with long-term study methods however. So, try to remember to break up your long-term study techniques into a bite sized study routine. In effect, make it easier to tackle big concepts by taking on 5-30 minute chunks. To do this, you need quality triggers. Spaced repetition and retrieval practice (self-made Anki cards) are two long-term techniques that work well with these trigger exercises.

Triggers are ways to alert yourself "now's the time". This is why a fair number of you like the pushed quiz questions from various Qbank resources. So, push yourself notifications throughout the day. You know your schedule. You know when you're at your best intellectually. Give yourself alerts throughout the day to do various bits of study.... A little anatomy here... a little clearer understanding of Type II Diabetes there... Clarify what in the world Professor X was talking about in class today.