A new academic year brings new opportunities for growth and development. We often credit or blame our characters (e.g., personality) for our successes and failures. However, let us not forget that our current behavior is largely determined by our past experiences with the objects, people, and places in the environment. If your goal is to study harder, rather than berate yourself if you initially fail, examine your surroundings to determine whether they may be contributing to poor study behavior. Studying in your dorm room, for example, is not ideal. You sleep, eat, play games, and dance in your dorm room. Why not instead choose a place in our newly renovated library or a study room in an academic building where the only thing you do in that place is study? (Be sure to turn your cell phone off or to silent.) If you want to exercise more this semester, pick one set of athletic clothes that you only wear to exercise. You will likely find that surrounding yourself with objects and people positively associated with your goal will motivate and better support your desired behavior.

Publications


Conferences


Grants
