

The Learning Accelerator
Decision Making
Session 5



Session Structure



Part 1

Introduction to the session topic: What distracts us?

10 minutes

Part 2

Hands-on experience with the Accelium Pro system

20 minutes

Part 3

Thinking concepts in decision making: Coping with distractions

10 minutes

Part 4

Summary and recommendations for further practice

5 minutes

Part 1

What **distracts** our attention?



Magician-psychologist Prof.
Richard Wiseman tells us about cards,
colors, and diverting our attention.

What **distracts** our attention?

“I decided to start studying! But then I got a reminder that today’s my friend’s birthday, so I had to phone her. We talked for 20 minutes... after that I went into Facebook to write on her wall... and on the way I changed my profile picture.”

- What causes us to get distracted?
- How do we feel when we realize we’ve gotten distracted?



Part 2

Hands-on Practice

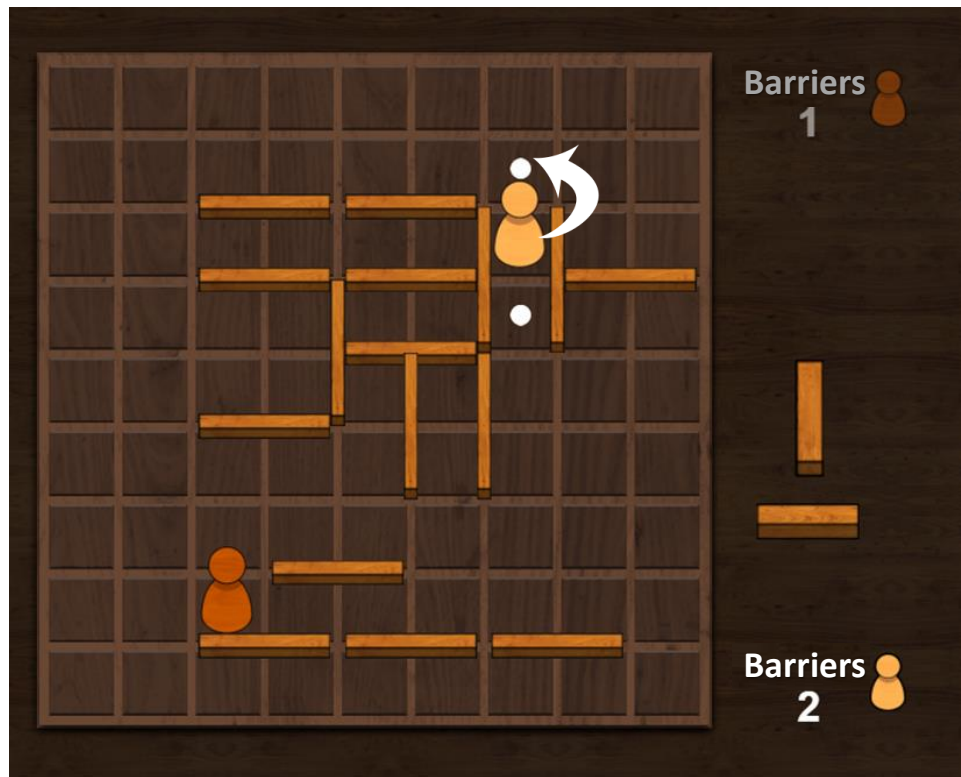
Let's use the **Accelium Pro** system to practice some
Decision Making tools



Thinking concepts in Decision Making

What's the best move for White?

Black's threat here is only a distraction.
To block Black now isn't the most
urgent thing to do.



When we don't stick to our decisions...

Coping with distractions

1. **Identify** what concerns you most.
2. **Analyze** if it's truly the most important matter.
3. **Set it aside** if it's distracting you from your main objective.



How to cope with distractions while studying

Set aside a specific time for studying

and also set aside time for breaks

Define a specific goal for studying

What do you want to accomplish in your study session?

“Clean up” your surroundings

Clear away temptations, sources of noise and disturbances

Study together with someone

Each of you will watch the other to stay focused and avoid distractions.



Additional distractions

Danielle is organizing a surprise birthday party for her friend, Michelle. She's listed everything she needs to organize, to clarify, to prepare, and to do for the party.

She has very little time: the party's this Friday, and also she has a limited budget.

Let's help Danielle focus on her main objective: to finish the preparations quickly and not get distracted on the way.



Danielle's tasks

- Invite friends
- Buy refreshments
- Buy a gift for Michelle
- Buy serving dishes

Additional distractions

Danielle goes to the shopping center to buy supplies for the party and a gift for Michelle.

Which store should she go into?



Candy store

Interactive Content



Supermarket



Additional distractions

Danielle goes to the shopping center to buy supplies for the party and a gift for Michelle.

“Great! They’ve got everything I need here!”

At the supermarket Danielle bought refreshments and drinks, and also cups and dishes for serving them.



Candy store



Supermarket



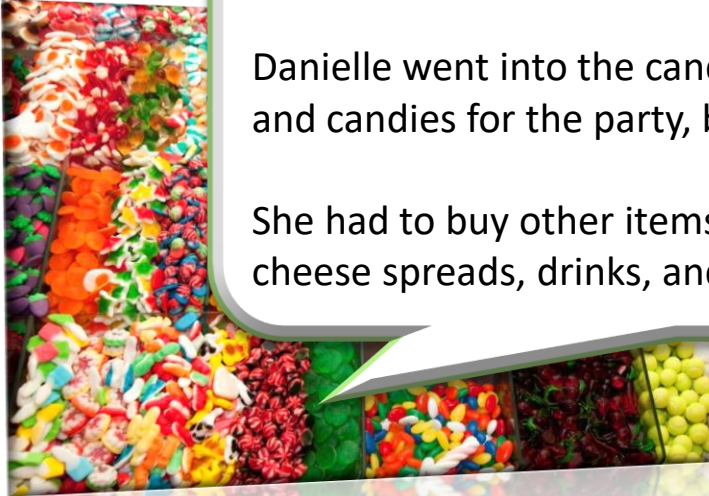
Additional distractions

Danielle goes to the shopping center to buy supplies for the party and a gift for Michelle.

“Wow! – So many kinds of candies!”

Danielle went into the candy store. She bought chocolates and candies for the party, but that wasn't enough...

She had to buy other items at the supermarket: crackers, cheese spreads, drinks, and cups and dishes for serving...



Candy store



Supermarket



Additional distractions

Danielle goes to the shopping center to buy supplies for the party and a gift for Michelle.
Which store should she go into?



Additional distractions

Danielle goes to the

gift for Michelle.

“Michelle loves red – I’ll get her a red blouse!”

Danielle goes into a clothing store, and in ten minutes comes out with a gift for Michelle.

“That was efficient!”



Computer store



Clothing store



Additional distractions

“Oh, there’s a sale! And I need a new computer.”

Danielle looked around in the computer store and found out what was on sale, but after half an hour she realized she didn’t have time..

“Grrr... I just wasted time, I’m not going to buy Michelle a computer!”

the party and a gift for Michelle.
to?



Computer store



Clothing store



Additional distractions

Danielle wants to notify all their friends about the party.
Which way do you recommend she use?

Interactive Content



Facebook



WhatsApp



Additional distractions

“Oh, no – I forgot to send an invitation to everyone!”

After 40 minutes, Danielle realized that she'd forgotten why she went into Facebook. She got involved in changing her profile photo, reading friends' status updates, and confirming new friends...

he party.
se?



Facebook



WhatsApp



Additional distractions

Daniel

V



“This Thursday at 17:00 we’re celebrating Michelle’s birthday! Shhhhh... it’s a surprise party. Don’t let her know!”

Within ten minutes Danielle created a custom group and sent this invitation to everyone.

Facebook

WhatsApp



Part 4 Summary – the Toolbox

Coping with distractions

- **Identify the activities that occupy you the most**
On what do you spend most of your time and energy?
- **Analyze – is this truly the most important thing to do?**
Is this what's most meaningful at the moment?
- **Set it aside, if it's distracting you from your main activity**
Have you perhaps neglected doing something else that's more important and meaningful?





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