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## Make It or Break It- Habits for Learning Success

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Teachers generally devote themselves to various important roles that predominantly focus on student learning. All too often, students we observe show evidence of recurring self-defeating lifestyle habits that inhibit learning and long-term goal achievement. Essentially, sleepy and distracted students are less likely to effectively pay attention and remember, which are the two key factors for learning. This classroom research sheds light on the significance of engaging students with specific content-based lifestyle related topics, in conjunction with current habit theory approaches that counter the information-action fallacy. Based on two ongoing Japanese university teaching contexts, the presenter aims to briefly highlight the results of student self-reflection, subsequent action and positive feedback. This session will also enable participants to self-reflect on their keystone habits, establish and utilize tiny habits and create implementation intention statements applicable to situations in and out of the classroom.

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