THE WAY

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FROM THE HEAD OF SENIOR SCHOOL

In 1981, at the age of 28, Australian singer and songwriter Billy Field wrote and sang:

"*Can't help myself, bad habits*
Well, I'm running wild, lost control
And it's a shame to think
That a boy like me
Has got so many bad habits"

Modern neuroscience on brain plasticity would disagree! We can help ourselves and it would be a shame to think we can't.

In James Clear's book Atomic Habits, breaking goals into tiny chunks leads to changes in the brain (rewiring) that create long-term behavioural change. Micro-habits are a series of small, easy-to-do actions that, when done consistently, lead to bigger habits naturally.

Big and bold goals - such as "I want to lose weight" or "I want to get A's in all my subjects" can be overwhelming and set us up for disappointment. Instead, start smaller: "I will leave unhealthy food off the shopping list" or "I will spend 15 minutes a day reviewing key content from class." Once in place, these habits can grow into cutting out sugary drinks or studying for 45 minutes.

I often tell students keen to improve their study habits that the hardest part is the first 15 seconds. Once that threshold has been passed, the rest will follow. Fortunately, it is not just young brains that are plastic and reprogrammable; adults can change habits too by starting small

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and staying consistent!

Mr Jason Corbett-Jones
Head of Senior School

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