Motivation and habit building

Behaviour = Motivation x Ability x Prompts (B=MAP) is a theory can help you develop positive habits that will empower you with tools and strategies to excel in your personal, professional, and academic life (Fogg, 2019).

What is the B = MAP theory of habit development?

A **behaviour** is an action or form of conduct. Some behaviours that affect your academics like procrastinating and oversleeping, can be changed through a strong combination of motivation, ability, and prompts.

ACTION

Motivation
When you are motivated to practice a certain behaviour, you are more likely to engage in the actions that are needed to do it.

Ability
The capacity or skill you possess to introduce, change, or improve a behaviour.

Prompts
Reminders that spark motivation and drive you towards performing an action.

Behaviour: Begin group assignment **EXAMPLE**

B = Motivation x Ability x Prompts

You want your group partner to stop bothering you with reminders.

You know what databases to research in.

Your peer's reminders and your personal feelings of workload anxiety.

How do I know what's missing?

If you have a group project but no one is reminding you to work on it, you are **lacking motivation** and it will be hard to start.

If you don't know how to conduct research, you are are **lacking ability** and it will still be hard to start, but for a different reason.

If you aren't feeling stressed about the assignment, or are unaware of the deadline, you may be **missing a prompt** which will also make it hard to start working.
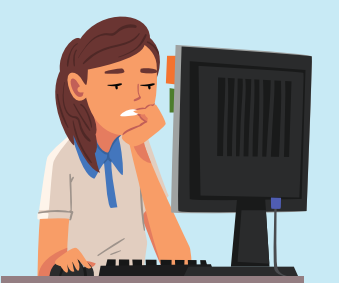
Once you know what behaviour you want to change or improve, try to identify the motivation, ability, and prompt. When you can figure out which is missing, you can target your efforts more specifically.

See more examples here!

How can I improve motivation, ability, or prompts?

McGill | Teaching and Learning Services

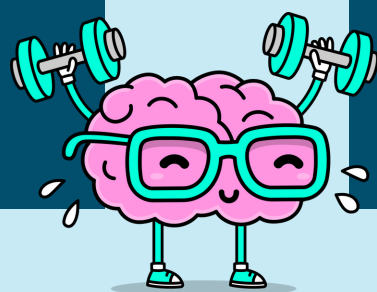Fogg, B. J., & Euchner, J. (2019). Designing for Behaviour Change—New Models and Moral Issues. Research-Technology Management, 62(5), 14–19. https://doi.org/10.1080/08956308.2019.1638490

Practical tips for increasing:

Motivation

- Organize <u>group study sessions</u>
- <u>Set small goals</u>
- Give yourself rewards for doing tasks

Ability

- Attend relevant <u>workshops</u>
- Take <u>skills development courses</u>
- Seek support from <u>a peer</u> or family member

Prompts

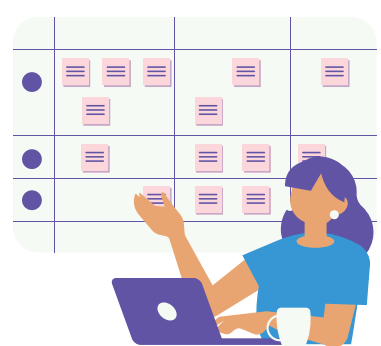- Share your goals with a friend
- Create a visible to-do list
- Put reminders on your device

Resources

Organization

- <u>Assignment planner</u>
- <u>LifeAt</u>
- <u>Notion</u>
- <u>Todoist</u>

Time management

- <u>Pomodoro</u>
- <u>Habitica</u>
- <u>Forest</u>
- <u>Clockify</u>

McGill resources

- <u>Stay on Track</u>
- <u>Student Accessibility and Achievement Learner Support Programs</u>
- <u>SKILLS21 workshops</u>