

## Module 6

### Transcript

Below you find the transcript for the presentation "Presentation\_Module6\_motivation.pptx ". This document is part of <https://doi.org/10.4121/21399975>, created by Cindy Quik and Luc Steinbuch, and licensed under CC-BY-NC 4.0

Slide	Transcript
1	Welcome to the second part of this module. This part will be a bit different compared to the rest of the day: it will be human- rather than computer focussed
2	Who has any guess where this picture refers to?
3	This is the "Stanford marshmallow experiment". 4 year old kids were left alone in the room with one marshmallow, and got the choice: eat the marshmallow, or wait 15 minutes and get a second one. Some children were better in this than others. This choice is called "delayed gratification", and I think that, in our daily life, some of us are better in behaving towards delayed gratification than others. I, for example, am not so good at it – see my cupboard. I <i>know</i> that it saves time when I organise this well, I just don't <i>do</i> it. << short discussion of people are like me, or rather the opposite >>
4	Therefore, I want to invite to you use your research skills and curiosity to explore and hack this black box, which is your brain, your habits and your behaviour...
5	... with the help of science, to make the black box more transparent...
6	... to support data management. This workshop is about FAIR data, which is part of the total package of Data Management. The other parts of data management are also important.
7	Some examples of efforts versus delayed gratification: If you have a smart directory structure and you use it, it will save you a lot of time – and I think the gratification is not that delayed! If you have the habit of creating README files as soon as you have something to put in, it will later save you time by recalling information and even more when you are sharing something. The importance of a backup is obvious (but still: I know a PhD candidate who lost several months of fieldwork because both his laptop and his backup hard disk were stolen), and reviewing a data management plan can also be a good habit to stay in the flow.
8	Even more: in many cases, it pays back to set up and use a git repository; or, what is the topic of this workshop: to make your data FAIR
9	For this module, I looked into books written in popular science language because neurology or psychology is obviously not my field of expertise. But I used only sources written by scientists, with evidence-based ideas in it. I avoided the "how to become successful in 5 steps" type of literature, because in my opinion those books are written by people who are good in selling books, but probably not that helpful. The ideas that come from science can be described from 3 – quite overlapping – perspectives:
10	The first perspective: What motivates us? To be clear: this was researched in an environment with our standard of living, when the basic needs such as sufficient food, safety etc. are fulfilled – which is not true for a big part of the world population. And perhaps this was also researched in a highly educated, western context. Anyway, important motivators are being meaningful, being unique, having a possibility of self-determination, receive recognition – therefore, a sincere compliment is a very big motivator – but also the feeling of being part of something bigger. I think, as ESG researchers, we are part of something bigger of several levels – ESG, but also the concept of the FAIR data sharing community– with also the obligation to adhere to certain principles, rules and structures, but we can also be very creative and unique in the research itself. In that sense, we could be intrinsically motivated. However, we are not always that good in complimenting each other.
11	Motivators can also be long term benefits of any kind, although it is difficult to start up, or when you are in the flow. External motivators are group pressure, is the feeling of urgency, for example a deadline. For some people, that works quite good.
12	The second perspective is to consider our brain as an organ which uses energy for thinking, and which tries to be as efficient as possible. Not that every thought can be translated to a certain amount of sugar, but in this perspective, for example willpower or focus are depletable resources: you start the day with a lot of those, and you lose them while using them.
13	We can hack this mechanism by making it easy for ourselves. Make activities a habit, rather than a special action, use templates instead of starting from scratch; subdivide bigger actions into small steps.
14	You have probably already heard it many times, but: small interruptions drain your focus and your mental energy. Just observe it, and adjust your environment accordingly. You can also try to organise things smartly. For example, I wrote an R script, which scans a certain part of a directory tree and places in every directory a README file, if it is not already there. Saves a bit of time, but also it lowers the threshold: it costs less mental energy to open an existing README.txt (and start expanding it) than to create a brand new one from scratch.

	<p>Another example: Instead of manually backing up: use a scheduling device such as Syncback, or work directly on W:</p> <p>And, try to limit the choices you have to make. Having to choose makes you tired</p> <p>Note that also in this course, we want to make it you as easy as possible, for example with handouts: lowers the threshold to have a look at it, and – hopefully – saves you mental energy.</p>
15	<p>The third concept I want to highlight is that our brain physically consists of several parts, which are also connected to different phases of our development in the last many millions of years. One part of our brain can very efficiently work out routines; while another part is quite sensitive to quick rewards. The 3<sup>rd</sup> part of the brain, which is good in reflection and planning, is not always that good in also executing this long term planning. This is for example illustrated by the marshmallow test.</p>
16	<p>We can use this knowledge to our advantage. If a habit costs much less energy than a conscious action, we should try to develop FAIR habits, that it becomes so obvious we don't have to think about those any more. Habits do develop by repetition; the best you can do is start a small, regular habit, and then expand it.</p> <p>What also works well is to connect an action to a situation, the if-&gt;then approach</p> <p>And, always: see what you can adjust in the environment, to help you support in developing habits.</p>
17	<p>More tricks to get things done: Negotiate with yourself. As said before, subdivide difficult tasks into smaller ones.</p> <p>And use the curse of procrastination to your advantage!</p>
18	<p>We are going to round up this module. Our basic message: just as if it is another research topic, get to know yourself and try to objectively find out how you function to get things done. For example, I need to do new things that need a lot of focus in the morning when I am fresh. Things which cost me less mental energy, and less focus, fit me better in the afternoon and eventual evening.</p> <p>A bit more broader: you can get more mental energy by avoiding stress, regularly move, having a good rest and keeping the CO2 levels in your room low. In this list, often "good food" appears. I am sure that "good food" is important for many things, I am not sure however if there is experiment based evidence that "good food" makes you more productive than for example caffeine or sugar.</p>
19	<p>We have a short exercise for you. Based on what we told you: can you create one intention you are going to do? Or more perhaps. And: can you write it down (which is something else than formulating it internally) to share with the group? We have 5 minutes for this.</p>