

A Baker's Dozen of Mind-Hacks and Brain Facts
All Things Considered
Session Three
Presented by VOICE
(Virginia Tech Office of Interactive Communication & Empowerment)

1. For mundane decisions, utilize the [5 Second Rule](#).
2. [Trust your instinct/gut](#) for when you need to make split-second decisions.
3. Stay fed. Avoid “hanger”. The [hormone ghrelin](#), released during hunger affects decision-making.
4. [Watch your emotions](#).
5. Go into the [darkness](#).
6. Avoid [decision fatigue](#).
7. Take a [nap](#).
8. [Ask better questions](#) of yourself when deciding. Questions help us [reflect](#).
9. Look at decisions from a [different perspective](#).
10. You will make mistakes. [Learn from mistakes](#).
11. Use a [tripwire](#). “[If..., then.](#)”
12. Beware [confirmation bias](#). Our tendency to be certain about a pre-existing belief despite evidence to the contrary.
13. Use a pre-determined process to make decisions. [Rock, paper, scissors](#) anyone?