



4. Practice

Video 4 - Practice - Transcript

00:00:00:00 - 00:00:23:27

Hi, this is Katia. In this short video, I will lead you through a series of hypothetical events. Each one requires a swift decision. So as you hear the scenario and I'll ask you, what would you do? Put yourself in the situation and as quickly as you can, write down or say what you would decide. Then when I ask you, why did you do that?

00:00:24:00 - 00:00:48:01

Don't justify your choices, but rather analyze the thinking process that led you to those choices in terms of possible heuristics and cognitive biases. Think about the continuum of automatic to deliberate processing. What was involved in each decision? Where are the heuristics? Where are the biases? What are the memories and the mental representations that give rise to them? Okay.

00:00:48:03 - 00:01:18:10

Get ready. Here we go. Monday morning. You get up early. It's the start of the week, and you have an important meeting at work. Just your luck that your kid wakes up with a sore throat. They also overslept. They need to leave in 20 minutes to catch the school bus. You need to head to work in 30. What do you do and why?

00:01:18:12 - 00:01:37:12

You're making your way to work. When a store owner comes out onto the street and invites you into the used bookstore that they recently opened, what do you do and why?

00:01:37:14 - 00:01:51:08

You're briskly walking down the street and see an old acquaintance sitting at a coffee shop. What do you do and why?

00:01:51:10 - 00:02:15:22

You're late to the meeting and your boss reprimands you. "You're late, as always. I knew you would not be here when we agreed." Turns out this is not the first time this has happened. What do you do and why? Can you identify some heuristics or biases in your boss's behavior as well, not just your own decisions?

00:02:15:24 - 00:02:34:18

So this, this series of events is something that could happen to you. And these are the kinds of events that happen to us all the time. Every day is a series of choices that we make. So take your time and think about all this. The website has additional examples to further engage you in practicing and applying your understanding of the concepts that we covered.

00:02:34:20 - 00:02:48:21

Beyond that, you can just look around you and at yourself too, and see more examples everywhere, all the time. So analyze all that and practice your understanding.