

Use Neuroscience To Make Better Decisions

GoSkills online course syllabus

Skill level

Beginner

Lessons

12

Pre-requisites

No prior experience needed

Video duration

30m

Estimated study time

30m 18s

Instructor

Eugene Choi

Introduction

1 Make quality decisions with neuroscience

Decision making is one of the most important tools for reaching success at work and in everyday life, and understanding the neuroscience behind decisions can boost both the quality and the effectiveness of your choices.

Basics of Brain-Based Decision Making

2 Survival state vs executive state

Your brain's survival and executive states shape your actions and decisions.

3 Flight, flight or freeze

Stressful situations can make you feel like you're ready to fight, run away, or freeze in place.

4 Map the decision-making process

The brain processes decisions in a unique and valuable way.

5 Recognize speed vs. accuracy

Quick decisions aren't always the best ones.

Enhance Decision Quality

6 Practice reflective thinking

Reflecting quickly on past decisions can improve future outcomes.

7 Apply incremental decision making
Breaking decisions into smaller steps can reduce errors.

8 Evaluate decision fatigue
Decision fatigue can impair judgment; recognizing it is key.

Avoid Common Decision-Making Pitfalls

9 Spot cognitive biases quickly
Fast decisions often suffer from unchecked biases. After this lesson, you will be able to quickly spot and counter common cognitive biases.

10 Recognize the limits of intuition
Intuition can be misleading in complex decision scenarios.

11 Counteract overconfidence
Overconfidence can lead to risky decision-making.

Conclusion

12 Boost your decision-making
Thanks for taking this course!

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