

# Decision Processes Colloquia

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**Monday, March 18, 2013**

**Where:** JMHH 240

**When:** 12:00 noon to 1:20 PM

## **Wendy Wood**

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### **Habits as Mechanism of Self-Regulation?**

ABSTRACT: When thinking of habits, most of us focus on our bad habits. Whether nail biting, overeating, or procrastinating, bad habits are a challenge for all of us. In this talk, I will present recent evidence of the processes that guide habit performance. I argue that, contrary to popular belief, many habits promote our goals and should be considered a mechanism of effective self-regulation.