Cognitive Distortion: How the Shortcuts of Your Brain Warp Your Decision-Making

Our brains make many decisions in the course of the day. We like to think they are rational decisions. In truth, though, many of our decisions are highly irrational. Our brains take short-cuts in thinking, typically without our knowledge.

These cognitive short-cuts go by a number of names, including the confirmation bias, the gambler's fallacy, and anchoring bias. These short-cuts can help our decision-making to be very efficient; they can also lead us astray without realizing their impact. In order to work better with these biases, we need to recognize them and the distortion they create.

Come to this 3-hour workshop, Cognitive Distortion: How the Shortcuts of Your Brain Warp Your Decision-Making, to understand common decision-making biases and learn techniques to minimize their impact on your decisions and team decisions. This workshop is taught by Carolyn Penny, a mediator with almost 30 years of experience and Director of Campus Dialogue & Deliberation.

This session is open to faculty, other academics, staff, graduate and professional students, and undergraduate students. Although there is no cost to attend the workshop, spaces are limited and participants are expected to register with a commitment to engage fully for the entire workshop. The workshop is offered three times in April, 2016. Please see below for dates, times and locations.

**Monday, April 18, 2016**
9:00 AM - 12:00 Noon
Student Community Center, Meeting Room D
UC Davis campus

**Tuesday, April 19, 2016**
1:00 PM - 4:00 PM
Student Community Center, Meeting Room D
UC Davis campus

**Wednesday, April 20, 2016**
1:00 PM - 4:00 PM
Education Building, Room 3202
UCDMC, Sacramento

For additional information, contact Campus Dialogue & Deliberation at www.cdd.ucdavis.edu or campusdialogue@ucdavis.edu