

**Vohs, NITOP 2019**

Thursday, January 3rd, from 11:30 am to 12:30 pm

**Title:** “Decision Fatigue: Implications for Self-Control, Wisdom, and Leadership“

**Abstract:**

The ability and opportunity to make decisions is highly treasured. Yet at the same time decision making is a source of stress, uncertainty, and difficulty in daily life. This talk will detail the surprising and unforeseen costs of decision making. After making decisions, people are subsequently less able to make any (or good) decisions or to implement self-control. Decision fatigue effects were first documented using standard laboratory tests of self-control and decision making, and then extended by researchers in many different disciplines around the world. Decision fatigue helps to explain voting behavior in local, state, and national elections, children’s standardized test scores, the scourge of antibiotic overuse, and judges’ rulings on whether a prisoner should be released or kept incarcerated. President Obama and Mark Zuckerberg changed to their personal and professional lives after learning about decision fatigue, adding to a growing set of suggestions and interventions for curbing its deleterious effects. While decision making is central to the human experience, it is not an unmitigated good. Decision fatigue has implications for individuals and society.