

The video by Randy Pausch about following childhood dreams made me feel connected. I've recently started the book *The Artists Way* by Julia Cameron and it's a spiritual path to higher creativity. A lot of the themes between the two overlap which I found interesting. I also went on a walk with my older sister up the RattleSnake on the 22nd. She was a collegiate runner for 5 years and so we were talking about what it's like now that she's no longer running competitively. I was asking her questions about what she learned from her experiences and what her big take-aways were. Obviously it's a little different than a head fake because she did go into running professionally but it's interesting to have the other perspective as well. I had played basketball in highschool and I ran my first two years but at the time I was playing I thought I really wanted to go play for a college somewhere which I think had more to do with this feeling of I've invested all these years into this thing and now I'm supposed to just stop? Which was silly because it was always more about being involved in the community and meeting people through something I loved. I could definitely relate this to the quote "experience is what you get when you don't get what you wanted." I think what it comes down to is what kind of lifestyle you want to have and how you want people to remember you. Randy briefly touched on this when he went into working hard. I related to this a lot I think being a part of a sports team that's competitive teaches alot about being a hard worker and striving to do just a little bit better than the last time.

I think learning styles greatly affect our ability to absorb information. I typically learn best with hands on activities. I'm also more of a visual learner. I like to work in smaller groups and be taught in small groups because I think it creates a more intimate classroom setting which from my experience helps make the students and professors more accountable and it makes the overall experience better.