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### Autonomous work #1

Happy Maps [https://www.ted.com/talks/daniele\\_quercia\\_happy\\_maps](https://www.ted.com/talks/daniele_quercia_happy_maps)

#### Part 1 Listening

Listen to the video above and answer:

**1- What made Daniele change his research?**

Daniele told us through a little story how he decided to change his career path. He was cycling everyday to work and was, naturally, following the shortest path indicated by his phone. And one day, he didn't really know why, he decided to take a one minute longer path than usual. He was really surprised how he enjoyed the new road, there were trees, people, and no noisy cars. Since this day, he changes his research from traditional data mining to social science and perception experiment.

**2- What innovation did they create?**

He created a new kind of maps. Maps that can find the quietest, happier and more beautiful paths that are far more enjoyable than the shortest paths.

**3- Why does he recommend using his creation?**

Because it's more enjoyable than a daily un-rational routine fixed by a phone app to gain one minute every day. It permits people to fully experiment the city in which they live and maybe be a little happier in their everyday life.

#### Listening #2

##### Reflection

Listen again and analyze his presentation. What strategies did he use?

Strategy	Yes/no	When
He told a story	Yes	From the beginning for two minutes long
He used his hand to emphasize a word	Yes	2:25, 6:08
He articulated well his words	Yes	2:25
He said a sentence with a lower pitch		3:42 but it because it's the end of the sentence
He asked a question	Yes	4:01 "best picture"
He used visual aids	Yes	5:25 "Smell & Sound & Memories"
He looked at the audience	Yes	A lot of time in the video

He paused before saying a word	Yes	4:25, "beautiful, ... quiet... happy" ; 5:04
He used a quote from someone famous	Yes	3:37, Einstein
He interacted with people	Yes	4:10
He made a joke	No	
He said a word lower than the rest of the sentence	Yes	5:59 "Avoid the danger of a single path"
He moved around	No	
He used statistics/data	No	Not in the conference, but in his job yes

## Part 2 Writing

There are many different ways of finding happiness in our daily routine. Write a single synthesis essay / report on both Ted talk video (Happy Maps) and CNN article:

<https://edition.cnn.com/2021/08/24/health/morning-routine-healthy-tips-wellness/index.html>

Your text should have between 250 and 350 words.

A **synthesis essay** should be organized so that others can understand the sources and evaluate your comprehension of them and their presentation of specific data, themes, etc. Try this format:

1. First paragraph: The introduction

Contains a one-sentence statement that sums up the focus of your synthesis.

Also introduces the texts to be synthesized: Gives the title of each source and provides the name of each author;

2. Second and third paragraph: The body of a synthesis essay

This should be organized by theme, point, similarity, or aspect of the topic. Your organization will be determined by the patterns you see in the material you are synthesizing.

Be sure that each paragraph: Begins with a sentence or phrase that informs readers of the topic of the paragraph; Clearly indicates which material comes from which source using lead in phrases and in-text citations; Shows the similarities or differences between the different sources in ways that make the paper as informative as possible; Represents the texts fairly

3. Last paragraph: Conclusion. When you have finished your paper, write a conclusion reminding readers of the most significant themes you have found and the ways they connect to the overall topic.

Adapted from Sandra Jamieson, Drew University. 1999

Writing:

In this essay we'll talk about how routine influence our life. My synthesis is based on the Daniele Quercia TedTalk and on Dana Santas' CNN article.

« Well, if you think that adventure is dangerous, try routine. It's deadly. », according to Daniele Quercia in his TedTalk. In his lecture, he tells us about his commute to work, taking a short but boring, noisy, unattractive route that was an involuntary part of his routine. He didn't choose his route, the application on his phone had control over him. When it comes to repetition, human beings tend to feel uncomfortable with the so-called routine. The oscillation between professional and private life makes us feel as if we are stuck in an unbearable box. We feel as if we are losing control of our own life. We no longer dictate it, but external events do. That's the toxic part about this; although the routine we lock ourselves into becomes our new comfort zone, we inwardly seek to change it. But then how is it possible to find your happiness in a routine?

Referring to Dana Santas' CNN article, the morning routine is an essential thing she has set for herself to have a better day. In her article, she explains each step that helps her to have the most efficient, calm, and enjoyable morning by stepping out of her comfort zone and giving herself challenges, such as working out, meditating, waking up early. Morning routines allow us to have control over our day as soon as the morning alarm snoozes. Challenging ourselves makes us feel better, and mentally stronger. It can sound paradoxical to say to get out of our comfort zone while mentioning « routines » but morning routines are known not to be « easy ». But in the end, the essence of this type of routine is taking one step at the time and not rushing it. As Daniele tells us in his TedTalk, taking a new route, about a few minutes longer than the route imposed by the application, made him better. The environment around him made him happier. He prefers this more pleasant, self-chosen and less stressful routine.

Yet routines may be deadly, only it is still possible to find happiness in ones that are imposed by us, not by external factors.