

Perception and Sensitivity

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What this session was about:

This session's objective was to enlighten us about the vast and complex notions of perception and sensitivity in humans. While we never really notice the subtleties in decision making and opinions, they are most definitely present in all our choices. This session gave examples of the various biases that come into play in seemingly simple thought processes. We may think we are unbiased in our decisions, but we never really are free of our priorities and feelings, and that always shows up in the way we perceive and respond to the world around us. The session also gave us concrete facts from actual research projects to reinforce the facts that had been stated, which showed the skew in decisions that was predicted previously.

What I liked about the session:

- The session was extremely informative and covered many important topics which most people often overlook.
- The examples and scientific evidence backing the claims made were exceptional.
- The instructor was good at explaining the topics and formalising the ideas presented.

What I did not like about the session:

- Nothing, the session was nice and was highly informative.

My takeaways from the session:

Our biases and perceptions based on our previous experiences are what drive us to make the decisions and choice we make. This session started off with quite simple ideas and situations that most of us had experienced and built upon them to give us a better idea of how widespread these issues were. I also learned that a lot of research was being done in this field as well, and that most of the ideas that we take for granted are rigorous and concrete. I learnt about the categorisation of the various kinds of biases, which was new. I also learnt about how important it is to question

facts that have been passed on for generations and to not accept anything without really confirming why it is true. Our experiences and decisions define who we are, and this session helped me understand the idea of perception and bias in an interesting way.