*Note-taking*

*Title: Why can’t we find truth?——the confirmation bias*

*Topic: Confirmation bias, education, critical thinking, platform of information*

*Speaker: Da Yuwei*

*Information you’ve got from the talk (in phrases or sentences):*

*1.The definition：Confirmation bias is the tendency to search for, interpret, favor, and recall information in a way that confirms one's preexisting beliefs or hypotheses, while giving disproportionately less consideration to alternative possibilities.*

*2.Two mindset: scientist mechanism and lawyer mechanism.*

*3.The education we had in high school enhances our confirmation bias.*

*4.When we learn new knowledge, a conclusion is always given in the first place, before any evidence.*

*5.practice critical thinking: be a guy who always say”yes but why?”Try to find a platform where you can have all sources of information.*

*6.Confirmation bias is a part of human nature. And it is enhanced by the education we have in the past 12 years. However, we can overcome it as long as we want.*

*7.To overcome it and find the truth, we need to push ourselves to think in a scientist mindset and try to think critically.*

*8.We also need to find all information from different angles before we draw a conclusion.*

*Questions (at least 2) to the speaker:*

*1.Since you’ve give examples to the confirmation bias made by our education, could you explain why our education did that?*

*2.Could you please give us your reasons why we may be trapped in confirmation bias?*

*Your Comments (optional)*

*Why is Confirmation Bias so Powerful?*

*Our brain has to perform decisions quickly. As a result, it wants to generalize things instead of diving deep and analyzing every single case. If you had to evaluate every little aspect you encounter every day, you would not only need time but also energy. Also, your beliefs would change every now and then, where you seem like a different person every week.*

*So the confirmation bias is the shortcut your brain takes to decide quickly and also maintain your personality. It helps you in some ways and hurts you in some other ways.*

*Note-taking*

*Title: How to help your friends when they are feeling depressed?*

*Topic: Friendship, depression, Comforting others*

*Speaker:Wang Haorui*

*Information you’ve got from the talk (in phrases or sentences):*

*1.TED from Bill Bernat*

*2.Concerns you may have when thinking about going across the chasm. Suggestions to break the chasm and relate to people with depression.*

*3.Depression: a medical condition in which a person feels very sad and anxious and often has physical symptoms such as being unable to sleep, etc.*

*4.Depressed friends around us.*

*5.How many are they? What do they need from us?*

*How many are they? What do they need from us?*

*6.There are quite a few friends around us who are depressed at the times and a lot of them need accompany in order to go through the hard times.*

*7.What are our concerns: You might be afraid that if you talk to somebody while they're depressed then you’re suddenly responsible for their well-being. You may worry that you won't know what to say and every attempt at conversation will be awkward. You might be afraid of catching the bad mood as the depression is contagious in the public’s eye.*

*8. How can we help depressed friends of us?*

*Please try to avoid saying“Just get over it”.*

*Show understanding and support, but not condescending compassion.*

*Invite them to do normal stuff with us.*

*Analyze the causes and provide possible solutions.*

*Questions (at least 2) to the speaker:*

*1.As we all know, the famous music app net ease music is always be regarded as net depression music.And a famous comment is that I’ve known all these principles, but I still can’t lead a happy life? What your thinking about this comment?(We may have a lot of method to comfort others, but we can use it side by side)*

*2.We should try our best to give our friend help. But what if they always depend on you?(Not the only way)*

*Your Comments (optional)*

*I believe the only way to comfort someone is to Listen. Just Listen, don't speak, don't judge. Listen every word. Don't interrupt or quote your example of how you handled or would have handled the situation. What you did or would do is just not welcomed.*

*Most people who share their grievances are not seeking for a word of advice. They just want someone they can talk to without being judged for something that they did wrong. They want someone to pour their heart out.. So firstly, listen to every word that is spoken. Then when things are out, Ask. Ask about the what the person want to do next, how he or she intends to deal the problem. Be patient and put your point of view by keeping in mind the vulnerability of the other person.*

*Having a quite time also helps. There are many times when only thing that can comfort is your silent presence. It show that you are there no matter what.*

*Note-taking*

*Title: How great leaders inspire actions?*

*Topic: leadership, action, inspiration*

*Speaker:Zhao Chenguang*

*Information you’ve got from the talk (in phrases or sentences):*

*1.How great leaders inspire actions?*

*2.The golden circle. Why they do what they do?*

*3.People don’t but what you do. They buy why you do it.*

*4.Outside----Inside or Inside----Outside*

*5.our neocortex: rational, analytical thought language.*

*6.limbic brains : feelings, human behavior, decision-making, but no capacity for language.*

*7.we follow those who lead, not because we have to, but because we want to. We follow those who lead, not for them, but for ourselves. And it's those who start with "why" that have the ability to inspire those who have the same idea.*

*Questions (at least 2) to the speaker:*

*1.Why do people always depend too much in a certain leader?*

*2.What’s your reason that we need leader and we should learn to gain leadership?*

*Your Comments (optional)*

*The simplest answer of all is: Biology.*

*That is simply how human as a species have developed by nature.*

*Take a look at everyone around you wherever you are at the moment . The vast majority of people automatically believe 90% of what they see by simply adopting the commonly held viewpoints around themselves.*

*What's wrong with people agreeing? Nothing, if people were using their own reasoning abilities to evaluate information then form a conclusion. Human beings are a social creature whose biological nature is to exist in communities. Just like similar species, the social dynamic is built around an alpha member (alpha lion in a pride for example) on down.*

*Like other communal species there are a myriad of roles and responsibilities assigned across the group. One of humanities biggest challenges, however, is our tendencies towards self serving actions that work in opposition of the greater good. Animals fall into their instinctual roles, 2 lions wont go rogue and abandon their roles in the pride to satisfy themselves. We are a communal social creature that habitually acts contrary to the groups benefit.*

*Now, if you would like an answer on a different level consider the complexity of human civilization which contains so many different systems simultaneously operating to function. In order for human civilization to function as constructed requires a vast amount of humans to individually fill very specific and specialized roles within the overall mechanism. Civilization is dense, complex, and 90% of humans exist in roles that have extremely narrow and obstructed visibility of the whole.*

*We need leaders because the vast majority of our species exist with obstructed visibility, unable to see or understand the large picture . We require certain members of our species to take that role, understanding the overall well-being of the tribe while the rest are focused fulfilling the myriad other roles of our species established social construct.*