1.I’m adding some information to the processes. For Sensing and Selecting, it turns out the brain can actually delay senses so that signals from the body’s extremities can reach the brain and time correctly (Krulwich, 18 May, 2009). This is called temporal binding. It’s when your brain manages to synchronize all the data coming from other parts of your body like your toes and fingers with stuff it senses coming from your ears or eyes. A good example of this is snapping your fingers next to your ear. Did you hear one or two snaps? Physically, you heard two because sound has to travel from one side of your head to the other, and that takes time; but, your brain only ‘registers’ one snap.

Krulwich, R. (18 May, 2009). The Secret Advantage Of Being Short. Retrieved from: <http://www.npr.org/blogs/krulwich/2009/05/18/104183551/the-secret-advantage-of-being-short>

2. Appearance, Voice, Speech pattern

First impressions are very important. I believe in a clean and nice appearance when presenting oneself to someone for the first time. On multiple occasions, I have met people in tattered clothes, ripped and dirty, and immediately mistrust information I receive from such people. I think a clean appearance lends quite a lot of credibility to someone.

3. I believe an integral part of what makes a group work positively is everybody in the group participating. An example would be a canoe. If only the person in the middle rows, like I was once left to do, the canoe goes nowhere. A canoe requires direction from the front rower and correction from the rear rower for the middle rower to be able to supply proper propulsion. Once my canoeing team figured that out, we had a great time.

A negative example would be what I call headless-chicken syndrome. This is when the group lacks any and all direction or leadership. None of the group members can decide where to go or have an opinion. A simple fix would be for any member to take the helm and captain the figurative ship in any direction. Anywhere is better than standing still. The best example I have is from my PAX Prime 2014 weekend last week. I was in a group of 7, and nobody could decide which exhibit to visit. The solution is just one person wandering off to what they’d like to see, and the entire group follows them.

4. Perception checking is the process of letting someone know what you’re seeing and finding a resolution to the problem(s) without causing defensiveness or excessive arguing (Creducation, No Date). This is done using three steps: 1. letting the other person know what you’re experiencing, 2. giving at least two possible ways of perceiving the other’s actions, 3. asking for clarification (Guenette, 01 June, 2013).

Example: “Hello [sir or madam], I noticed you’re not saying anything. Is it because you’re confused or are you thinking about how to say what you’ve come up with? Just let us know because we’re getting worried about you being so quiet. You normally contribute so much.”

Creducation. (No Date). Perception Checking Procedure. Retrieved from: <http://www.creducation.org/resources/perception_checking/perception_checking_procedure.html>

Guenette, F. (01 June, 2013) A Three-Step Perception Checking Tool. Retrieved from: <http://francisguenette.wordpress.com/2013/06/01/a-three-step-perception-checking-tool/>

5. Cognitive Dissonance is discomfort or stress when someone has two or more conflicting ideas or beliefs at the same time or is given another idea or belief that contradicts with the existing one(McLeod, 2008). It turns out humans like to have a clear view of something. An inconsistency causes a person to become stressed regarding their previous view and their new view and how to make sense of both at the same time. The pioneer of this field of psychology was Leon Festinger. A process called dissonance reduction results from people trying to find an equilibrium between two opposing views (Wikipedia, 02 Sept., 2014). An example would be claiming to lose weight and then eating a doughnut. Then, the person would find some way to clear their conscience like doing an extra workout, justifying their behavior by claiming they can ‘cheat’ every now and then.

McLeod, S. (2008). Cognitive Dissonance. Retrieved from: <http://www.simplypsychology.org/cognitive-dissonance.html>

Wikipedia. (02 Sept., 2014). Cognitive dissonance. Retrieved from: <http://en.wikipedia.org/wiki/Cognitive_dissonance>

6. When asked who I am, I normally respond with “hang out with me and see”. I try not to verbally explain who I am because I feel like I can make myself seem larger and better than I am. I prefer someone to experience being with me for an hour or two and judging me on what I say, the conversations we hold, and my actions. I’ve done this multiple times including to my current best friends, who were willing to take a chance and give me a shot. On multiple occasions we’ve gone bowling and enjoyed some adult beverages followed by competitive video games. For some reason, this combination seems to make people happy and want to hang out with me more. As for professionals asking me who I am, I like to say I’m a computer programmer who’s not a couch potato. I like going out, having fun, and doing sports. That is pretty much exactly how I presented myself to my current employer.