Please put away all electronic devices. This sheet will be collected but not assessed. The professor will look at the second page but will ignore the first page.

**Slowing Down** (adapted from the Positive Psychotherapy Clinician’s Manual). For many of us, life can feel like a sprint. But does it have to? Here are some possible strategies for slowing down:

1. Pick something you usually hurry through and deliberately slow it down. Some examples could be eating at least three meals slowly in a week or walking slowly at least once a week.
2. Deliberately focus on a peaceful experience, such as following clouds with your eyes, watching the sunset, feeling the breeze, or hearing and enjoying wind chimes.
3. Create a media/technology free zone (for instance, no phone/laptop/tablet/tv after 8 pm one day per week).
4. Say no. Look at your calendar and see if there is anything that does not fit in with your core values and priorities. If there is, cancel it. Alternatively, practice saying no in the moment you are asked to do something that does not fit in with your core values and priorities.

Pick one of the strategies above. Which number did you choose?

Describe what you’ll do, and how often. (e.g., I’m going to take at least 45 minutes for breakfast twice per week, or I am going to ban technology in my room on Wednesday nights, etc.)

What sort of support (social or otherwise) might you need in order to implement this strategy? (e.g., I’d like to find one of my friends to promise to have a slow breakfast together, I want to write myself a note reiterating my pledge to take a tech break and leave the note on my desk where I will see it, etc.?

Suppose you stick to your plan for three months. What do you think would be different about you and/or your life?

Here’s an adjacency matrix describing a network with directed edges. As a reminder, the rows index the origin of an edge the columns index the termination of the edge. For instance, the “1” in the first row, second column means that an edge points from Node 1 to Node 2.

Draw the network:

o

Now carry out the PageRank algorithm. Assume that each node starts out with a page rank score of 1/5 (which you might want to draw on your diagram above) so that they are all equal and sum to one. What is the score of each node after one iteration of page rank? Draw the network and label it with these scores.

What is the score of each node after two iterations? Draw the network and label it with these scores.