

Observe and describe a variety of experiences where you feel particularly immersed
Sleep/ Thought/ Movie/ Game/ Book/ or when senses are busy at the same time, like
playing game and listening to the musics.

**in any or all of the senses we discussed today. Were you reading an article,
having a deep thought on your own, hearing or playing music, playing a
game, solving a problem? Were you passively observing or actively involved?
What aspects made these activities engaging? compelling? captivating? What
elements were involved? What techniques were in operation?**

I have experienced all those feelings of immersion, specially in my thoughts. I think
immersion is all related to the biological changes which happens to our brain. One of
the meaning of the immersion is "concentration". If we know how we can help people to
concentrate, we can be successful in designing an immersive environment. For
example, when you like what you do, you will be focused, then you will be engaged and
immersed! In the meaning of the FOCUS, we will see that we all experienced the
immersion in all these situations.

F: Five more rule! Read five more pages...

O: One thing at a time

C: Conquer Procrastination

U: use your hands as blinkers

S: See As If For the First or Last Time

All these steps which helps you concentrate, will help you feel immersed! Different
sense of human are caused the feeling if the immersion. Like, hearing to a music or
looking at a specific point to get really immersed like hypnosis.

**Observe and describe times when you are engaged in some forms of analyzing.
Were you working on homework? Are you making a decision about what bus to
catch? What show to watch? Are you making judgements about your friends or
family? How do you decide what to order at a restaurant? How do you approach
solving a difficult technical problem? Do you have certain analysis habits? Do
you notice other people approaching problems in different ways? How do you
know that your approach is the effective? Do you use multiple approaches?**

I have certain analysis habitats but it depends on the situation, for example, for
analysing a person, I will try to Investigate how s/he is matched with my standards. And
for the academic researches, they are different methods of the research
(qualitative,quantitative) ...