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         In my memory, there are a lot of painful things for me, like walking home while frustrated, getting a low score in an exam, and not having enough sleeping time. But for me, the most painful thing is being chased by multiple tasks, which will usually repeat and repeat until the end of the semester. For instance, in this semester, I must deal with annoying reports, difficult programming homework, and study the quizzes, which contain the most abstruse concepts and knowledge I have learned so far. Nevertheless, since I got a TA job, I must review, revise, and correct the homework of students, which always gives me the worst code logic. Furthermore, these tasks did not happen in a mere week; instead, it's a weekly routine, which pushes me to the margins of breakdown and frustration.

         Since I like to know the theory behind the workings of our bodies, I chose the TED Talk “How does your brain respond to pain?” and tried to figure out the function of pain. In this TED Talk, the speaker, Karen D. Davis, gave a lot of things to which our brains will react while we encounter pain, like how touching a hot stove will make you feel pain, pay attention to the pain, and take your hands off the stove. Moreover, Davis told us that some people in pain will finish things faster than those not in pain, which gives me a whole new idea of how to cope with pain.

         Like Davis said, pain can make people concentrate on the pain, try to solve the pain, and might enhance efficiency while trying to accomplish tasks, and it really inspires me from the viewpoint of pain—pain isn’t a bad thing at all. At some point, I used to procrastinate on tasks until I reached the deadline. However, with the theory Davis gave, I think that I can use the pain from procrastinating to promote efficiency, but the time should strike a balance between deadline and procrastination instead of endless procrastination.