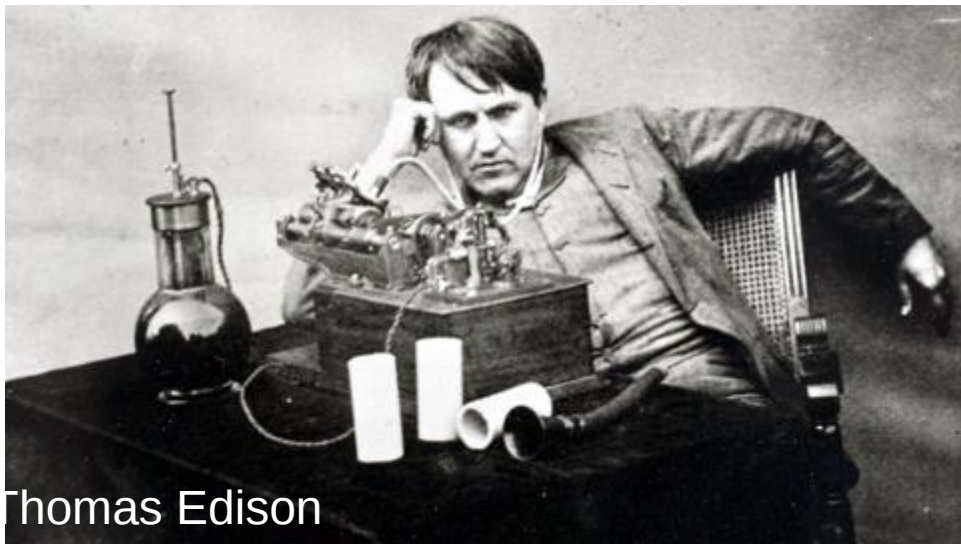


Using the focused and diffuse modes

(Or, a little Dalí will do ya)

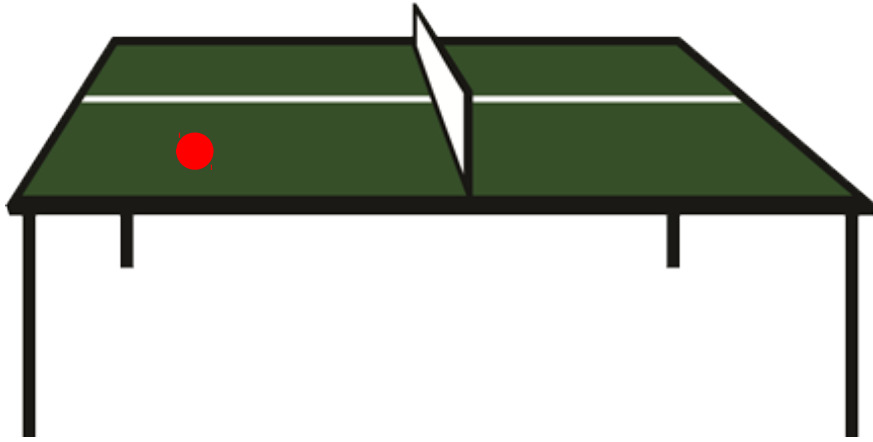
By Barbara Oakley, PhD



Thomas Edison



Salvador Dalí



- Focusing intently in ONE session to figure something out can be the *worst* approach possible
- It takes time



Summary

- Metaphors provide powerful techniques for learning
- Focused and diffuse modes
- Learning something difficult takes time

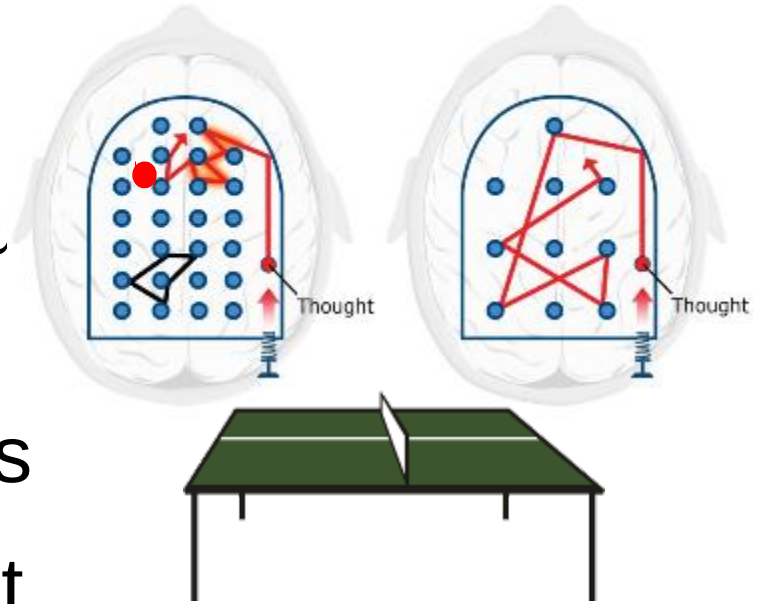


Image Credits

- Thomas Edison, courtesy U.S. Department of the Interior, National Park Service, Thomas Edison National Historical Park
- Salvador Dalí with ocelot and cane, 1965; http://en.wikipedia.org/wiki/File:Salvador_Dali_NYWTS.jpg From the Library of Congress. *New York World- Telegram & Sun* collection. <http://hdl.loc.gov/loc.pnp/cph.3c14985>; Author: Roger Higgins, World Telegram staff photographer; no copyright restriction known. Staff photographer reproduction rights transferred to Library of Congress through Instrument of Gift.
- Weight lifter Sultan Rakhmanov, photo by Vitaliy Saveliev, http://commons.wikimedia.org/wiki/File:RIAN_archive_497570_Weight_lifter_Sultan_Rakhmanov.jpg
- Pinball machine, image © 2014 Kevin Mendez
- Focused and diffuse thinking, image © 2014 Kevin Mendez
- Ping pong, image © 2014 Kevin Mendez

Relevant Readings

- Dali, Salvador. *Fifty Secrets of Magic Craftsmanship*. Dover, 1948 (reprint 1992).
- Root-Bernstein, Robert S., and Michelle M. Root-Bernstein. *Sparks of Genius*. NY: Houghton Mifflin, 1999.
- Takeuchi, H., Y. Taki, H. Hashizume, Y. Sassa, T. Nagase, R. Nouchi, and R. Kawashima. "The Association between Resting Functional Connectivity and Creativity." *Cerebral Cortex* 22, no. 12 (Jan 10 2012): 2921-29.