

## گزارش مشاهده جلسه سوم کارگاه

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کارگاه شماره	/	مبانی ارتباطات انسانی	۳	Basics of human interactions workshop: session 3	

### محتوای گزارش

#### 1- What Have you observed in your communications with others?

- A. Most people are not aware that they have different perceptions and they think differently.
- B. From those who know this, not many reflect on it and try to figure it out. Some may limit themselves to those who have a good mutual understanding with and reject others.
- C. Few people care to, and even fewer number learn to intervene and exploit this to be an efficient communicator.
- D. I guess sympathy and empathy would come into discussion later when we talk about how to understand another person's world.

#### 2- My take out from the session:

- A. People feel lonely for they are living in separate worlds, conjured by their own mind, and most are not even aware of this.
- B. This is not a metaphor but a biological discovery.
- C. The life we experience, the world we observe, deep down, is nothing but input-output data, and this data varies from person to person.
- D. People have difficulty communicating because they are different, not just in nature but in the way their brain interprets the world.
- E. Our neural system is what senses the world, by receiving sensory inputs from the outside, then this input would be processed using not only the new data but the old experiences and memories.
- F. What's more, the way in which everyone's brain and neural system is wired is different, therefore it results in different processing.
- G. The inputs and the processing have the power to rewire the brain and change the neural system too, hence, being a different person throughout the time and after life experiences.
- H. We can learn to communicate better by studying the inner workings of human brain and neural system.