

گزارش مشاهده جلسه سوم کارگاه

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محتوای گزارش

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

- A. I do not insist on introducing myself to people, neither do I try to correct their judgment of me as much as I did in the past.
- B. I do not try to continue to communicate when it is one-sided any more.
- C. I do not suppress my feelings of resentments and grievance of people's behavior based on misguided sense of guilt as I use to do before.
- D. In recent years, I have accepted and came to terms with the fact that people are different and some people may never reach a mutual understanding or agreement

2- My take out from the session:

- A. People essentially are different and live in their personal world.
- B. Encountering new people is a valuable opportunity to get to know them and discovering them and their world.
- C. New experiences are novel discovery situations and we humans generally enjoy the discovery process and getting shocked of their findings.
- D. Therefore, every person is a precious god sent gift, to be discovered, deciphered, and enjoyed.
- E. Even old friends and acquaintances possess many unseen traits in need of exploration and uncovering.
- F. It is immensely exciting to find and discover whom you had previously deemed known anew.
- G. However, there is one person who is even more interesting to get to know and discover, and that is oneself.
- H. Everybody needs to spend time and effort on examining themselves closely to find out how they build up their own world.
- I. We are unaware of what it takes to process and conceptualize the world.
- J. This awareness is a result of activation in some neural network which is a small part of our brain and neural system.

- K. Most of our activities happen unconsciously and exist in the subconscious levels of the brain, which were build up in layers since the early childhood.
- L. Infants are born with 200B unconnected neurons, during first years of infancy they lose half the neurons, but construct neural networks, via experiencing life by spending considerable energy.
- M. Each neural network is a formed belief, idea, and thought, as well as learned method, motions and ways, in reaction to life experiences.
- N. Part of the neural system are allocated to memory, from which the narrative memory would not constitute until a few years later.
- O. Thus, humans don't remember their early memoirs, though they have learned a lot and their character is somewhat formed and their attitude is defined.
- P. A toddler is aware of its surrounding and is learning constantly, they even though it would not retain a narrative memory.
- Q. We all harbor our childhood perceptions of the world, yet we cannot tell what exactly had happened regarding a particular feeling or intuition.
- R. People have different perceptions towards the same concepts, not only in response to their current situations but also according to their past experiences, even those long-forgotten memories of infancy.
- S. All of this is one of the reasons that knowing the true nature of people is almost impossible, especially in short term and first encounters.
- T. People tend to find themselves in others, meaning they would see themselves when they think they are seeing others.
- U. In fact, observing other people is a useful method for self-recognition and becoming aware of oneself.
- V. Hence, the human interaction and communication is an invaluable opportunity for self-awareness, which is beneficial for further progress.
- W. What we see in people somehow reflects our own self and has root in our own world; we either are what we see, want to be it, are thinking of becoming it, are afraid of it, are tired of being it, are afraid to be judged of being it, etc.
- X. Communication is an opportunity to discover others and their constructed world, in order to eventually discover ourselves and our own world.
- Y. This opportunity, this souvenir of communication, is what we miss when we do not let people to talk and display their true self and prejudge them.
- Z. Mentoring provides the opportunity to get to know interns and consequently oneself.

3- What is mentoring? What consists a mentor's job?

- A. Mentoring is not to guide interns to what they should or shouldn't do, because often times guiding people leads to a degree of high-handedness, casting judgments, becoming angry or disappointed, insulting and insolence, all of which hindering growth.
- B. Mentoring is to be there for the interns to ask questions when they have and ask for help when they need.
- C. Just be there with open arms and open mind, and know that correct mentoring is as much beneficial to the mentor as it is to the intern.
- D. Of course, you can transfer your knowledge and expertise as a mentor to your designated intern, but be aware of their independent character, let them decide on what they do, do not in any circumstances judge them or get angry at them when they don't heed your advice.

4- My questions:

- A. Would defining some communication conventions and norms help with communication barriers? For example, common facial expression.
- B. How should I behave with my teenager children? Like a mentor defined in this session?
- C. Who is my mentor here? Who can I talk to?