

Charles River Esplanade Walk

Notes: start observations at 11:40, 10/7/23

- Sitting down on bench near the road and overpass
- Slightly windy and cold,
- 2 geese are in the little open space, one goose is standing on one leg? Can they do that
- a man is walking on the muddy area right next to the walking pavement- there seems to be a hollow already throughout the path
- humans create their own pathways in nature- negative environmental effects- grass and soil deteriorating
- a boy walking with it appears to be his grandfather- small glances between each other
- the geese fly away low to the ground squawking - that would've definitely hit someone
- a man electric scooters past
- a girl on the bench near me is working on school work
- for the runners going past, the outfits range from fleeces and sweatpants to a sports bra and biker shorts as well as the pace
- two twenty something girls just started their run with an "omg I can't believe he did that"
- someone in a teal unicycle just wobbled by
- the runners and i glance at each other, no communication
- the playground is empty on a tuesday morning/midday
- the trees are sporadically placed with many different kinds
- I did not know about this overpass before and now I think it seems a good study spot
- cloudy day and a slight chill seems perfect for a run along the charles river

Pictures:





1. In her TED talk, Grandin mentions verbal thinkers, visual thinkers, and pattern thinkers. If you had to choose **ONE** of these with which you **most** identify, which **ONE** would you choose? Verbal thinker **OR** Visual thinker **OR** Pattern thinker

Visual thinker

2. Grandin states that autistic individuals are often detail-oriented thinkers. Are you a detail-oriented thinker **OR** a big picture thinker **OR** equal blend of both?

Pretty much an equal blend.

3. Grandin discusses the need to expose kids to a variety of topics/situations so they can find what they're interested in. Briefly describe a topic, area, or activity which you were grateful to be exposed to and why you became interested in it.

Spending time outside/exploring and finding passion within the environment.

4. Do you openly/publicly identify as neurodiverse? YES **OR** NO

No

5. In her cartoon that contrasts ADHD Storytelling with Non-ADHD Storytelling and in “Sharing Thoughts,” Donovan depicts her perspectives on how individuals with ADHD share stories, thoughts, and ideas. If you were to create a cartoon of how you share with your closest friends what would it look like and why? (think about objects, shapes, colors, other aspects of visual style, etc.)

Similar to cartoons, going off on tangents within one singular story.

6. Overall many humans tend to rely most on sight. Which sense OTHER THAN SIGHT is most important to you? Why? Hearing Smell Touch Taste

Touch-nice to know what you are feeling

7. Which **ONE** of these non-human minds below would you most want to journey into? (if there are no risks in doing so) Briefly explain what fascinates you most about experiencing the world through the kind of non-human mind you choose.

Another mammal Bird Fish Reptile Mollusk Insect

Bird

8. Birch et al. discuss five dimensions of consciousness in the context of non-human animals: p-richness, e-richness, integration at a time (unity), integration across time (temporality), self-consciousness (selfhood). Which **ONE** of these is most interesting to you? Why?

Temporality- how do animals have different senses of reality?

9. Do you identify with a specific social class? YES **OR** NO No.

10. Do you consider yourself bi/multilingual? YES **OR** NO No.

11. Do you identify with more than one culture? YES **OR** NO

yes, English (England)

12. Name a culture or sub-culture you belong to/identify with.

Briefly describe an experience, set of interactions, or tradition that you enjoy and associate with that culture/sub-culture. Why do you find this experience, interactions, or tradition memorable? Culture and sub-culture for this question can be ethnic, national, regional, focused on an activity you enjoy, etc.

Grandparents have Sunday roasts- have English food and participate in English traditions; going to England for weddings and family stuff

13. In relation to your peers, how likely do you feel you are to take risks on a scale of 1-5, with 1 being extremely likely to take risks in most situations and 5 being extremely unlikely to take risks in most situations. 1 2 3 4 5

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14. Describe a risk you are glad you took. What made the decision risky? Why are you grateful you decided to take a chance?

Social risks- talking to people and finding connections

15. Choose 3 activities of the 12 creative activities below that you would be most interested in doing. **Rank them 1-3 in order of preference** (1 = most preferred)

Writing songs Writing stories or film scripts Drawing/painting pictures Taking photographs/videos

Designing video games Designing scientific experiments Designing products or devices

Designing fun activities for kids Performing in plays Working behind the scenes in theater

Dancing for an audience Playing an instrument/singing for an audience

1. drawing/painting 2. writing stories or film scripts 3. Taking photographs/videos

16. Csikszentmihalyi argues for the importance of Interest, Perseverance, Dissatisfaction, and Social Context for being intrinsically motivated and making significant creative contributions. Think of a specific area/activity for which you have long felt a strong intrinsic motivation. Which of Csikszentmihalyi's four aspects do you think has been MOST important to your motivation in this area? They are likely all significant but CHOOSE JUST ONE that seems most important. Interest OR Perseverance OR Dissatisfaction OR Social Context

Interest has always been a main factor for my motivation in different aspects and activities in my life. If I do not find an activity intrinsically motivating then it is hard for me to complete it to the best of my abilities just because I either feel a dreadful obligation or boredom.

17. What's your major or a potential major you think you might want to pursue?

My major is Environmental Analysis and Policy.

18. Which 3 of Gardner's 9 Intelligences are strongest in you? Rank them 1-3.

1. Interpersonal

2. Body-kinesthetic

3. Intrapersonal

19. Do you believe your thinking is affected by whether you are sitting or walking?

YES OR NO If yes, how is it affected? If no, why do you think it is not?

No, I don't think my thinking is affected by my body position. I think I can be productively thinking when I am walking or sitting. Maybe different types of thinking work better with walking rather than sitting and vice versa though. I could not do math walking whereas I could do it sitting, but I would prefer walking when I am thinking theoretically.

20. As Otis describes, cognitive neuroscientist Maria Kozhevnikov's studies showed that what has often been called visual thinking involves two distinct ways of processing information – spatial abilities which involve perceiving an object's distance, dimensions, direction, and speed and object skills which consist of recalling an object's shape, color, texture, and surface details. Evaluate your abilities in these areas. Do you think you have? Stronger Spatial Abilities OR Stronger Object Skills OR Are Equally Strong in Both

I think I have stronger object skills.

21. Name a potential job that interests you. Does this job connect directly to your major or potential major? YES OR NO

Environmental consulting or a climate change analyst ; Yes this job directly relates to my major.

22. In what ways do you think that your interest in this job might link to the kind of mind you already have? In what ways do you think that working in this job might (re)shape your mind?

This job will allow me to explore the government aspects of environmental concerns and work with others to propose laws or enact actions that will help the earth. A climate change analysis has a broad term because the issue is so vast, so the theoretical thinking will be useful in challenging our society today to become better environmental advocates. Both of these jobs require a stronger analytical front, so this would grow that part of my mind.

23. What's the hardest thing you've ever had to learn? What was difficult about it/why was it difficult?

The hardest thing to learn was that people are always changing which means people either grow with you or apart and that is because everyone is on their own path of growth. It was difficult to understand that personal growth needs to be prioritized even when the people around you are stagnant. This meant that certain friends were lost because I had to realize that I was growing away from the person they were becoming and that was ok.

24. Describe the kind of thinking that is most pleasurable for you. Why is that type of thinking so fun?

I like creative thinking and theoretical thinking because it is the most open-ended with many questions involved. There is no correct answer, just many solutions and avenues to explore. It is so fun because there are no limits and can be individualized and everyone can learn and collaborate with each other to keep asking questions.

25. If someone said to you, "Take a walk on Comm Ave" what specifically would you first picture if you imagined yourself doing that? Write 4-5 phrases or 1-2 sentences to describe what images initially come to your mind.

I picture myself walking from Claflin dorm just walking down to central campus on a beautiful fall day. Although I have been injured since school has started and I have not known BU without a crutch, I am happily able-bodied. I have my headphones on, my favorite podcast playing. Walking between classes is the best people watching I have experienced, so I am focused on analyzing everyone's outfits and making stories in my head of people's mysterious lives.