

Walking on the Esplanade Notes

- Date: 10/9/2023
- Time range: 5:30-6:30 pm
- The weather is in the low 60s, few clouds in the sky, fairly sunny

Observations:

- Three girls laying on a picnic blanket in the grass with their bikes parked next to them
- A woman with fuschia colored pants skates passed me with roller blades (I see her when I turn around going the other direction)
- Hardly any traffic on the road to the right side of the esplanade
- The river looks peaceful and the water is still
 - In the distance there are red and white sailboats beyond the bridge
- A lot of runners run past me as I walk down the trail, people on bikes ring their bells to warn me they are riding through
- About 5 minutes into the walk I smelled Cod almost as if someone was frying fish sticks
- The leaves on the trees were mainly green and now yellow or orange; there was very little wind and everything seemed still and calm
- I walked by a dock; About 5 different couples were sitting on it looking out into the water
- A man was fishing on the bridge and another man was crouched down near the rocks fishing
- I looked up into the sky and saw three helicopters in the air. They didn't seem like they were moving, just floating in space
- The foundation of the bridge I went under had paintings of different birds (one looked like a goose, the other looked like an eagle??)
- I walked by two willow trees near each other: one looked half alive and half dead and the other was lying horizontally on the ground

Pictured:
trees I
on the
healthy
one on the right has fallen over.



The two willow
passed; The one
left appears half
half dead and the



Under the bridge, the pillar has an eagle drawn on it
and the one in front of it had a goose (this caught my
eye - do these birds mean something?)

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?
Shoot, I think I'm an equal blend of both

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.
I think like music (piano and dance)

4. Do you openly/publicly identify as neurodiverse? YES **OR** NO
I think everyone has some percentage of neurodiversity

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

Similar to the actual cartoon, especially if I'm enthusiastic about something

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

I think hearing because I feel like that's the sense that you notice most

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, I would love to just fly around and see the world from above

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?

Maybe like self consciousness because its just like cool to imagine each animal and how it sees themselves in their perspective

9. Do you identify with a specific social class? YES **OR** NO Yes, middle class

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

Yes, I speak Russian

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

yes

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.

Russian new years, big celebration, gifts on that day

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

3 because there are some people that will do anything and I would not do that

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

I volunteered at a hospital on floor with drug addicts and it was cary because you don't know what to expect

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

dancing for an audience, singing for an audience, writing film scripts

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

Cooking → social context is important because whenever I would cook something for my family they always say how good it is and this boosted my confidence and makes me more interested to try new recipes. I don't actually think I'm very good at cooking (I have no clue what foods should be paired or how to precisely measure ingredients) but I think it's fun to try new recipes especially when my family supports me through the process.

17. What's your major or a potential major you think you might want to pursue?
Biology leaning towards pre med

18. Which 3 of Gardner's 9 Intelligences are strongest in you? Rank them 1-3.
logical mathematical, intrapersonal, spatial intelligence

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?

I don't know if I think when I walk, when I'm walking I have somewhere to go and that's what I am thinking about, unless its reflective walk

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

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

a doctor in a private practice and it does connect to 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?

I definitely have a more factual mind and solving data (logical) and bad at creative thinking. This job will definitely help with intrapersonal intelligence because you have to put yourself in your patients shoes and not just see them as a part of your job. Understand their feelings and worries.

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

People don't care enough about everything you're doing, they don't actually care and that's natural. Difficult because I am self conscious and I care a lot about how other people perceive me and I am still working on that

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

Thinking about concepts that are unexplained and asking a lot of "what if" questions. Just wondering about the unknown; I feel like I always love to imagine certain scenarios.

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 would picture myself in my airpods looking around the crowd of people and chaos and walking at a pretty fast pace.