

Date: 10/5/23

Time: 11:15 AM-11:47 AM

- Lots of Canada Geese in the area, some of them are grooming their feathers or lying down, others look like they're maybe foraging for food
 - They were surprisingly unafraid of people: I passed right next to some of them and they didn't even budge
- Lots of trees lining the walkway
 - Most of them are still green, although I did notice a few that were starting to be tinged yellow
 - I think it'll look even prettier once the trees fully change color
- Couple of unique trees along the path too
 - A couple of super short, stubby trees that had really wide-ranging branches and leaves
 - Also a lot of willow trees, especially closer to the river
 - Some of them had little plaques saying what type of tree they were, which was pretty interesting
- Lots of people outside, probably because the weather is so nice
 - Most of them are jogging or biking
 - I saw one person skating using some kind of pole looking things
 - Two people are sitting on a bench, they look like they're working or studying
 - Some people sitting on benches looking like they're just admiring the view
 - Someone walking somewhere looking like they're in a hurry and in business casual dress. Maybe they're late to work?
 - 2 kayakers with sunhats on, looking like they're enjoying the sunny weather
- A few people (teams?) rowing on the Charles River. They're chanting/singing some kind of song
- The city skyline against the Charles River looks really beautiful
 - Especially cool because to my right (towards BU), it's all rustic, older buildings, but to my left (across the river) there's a bunch of modern, skyscraper type buildings
 - Cool combination of old and new
- Super cute little black and brown corgi running alongside their owner who's on a bike
 - Also saw a man with his dog on a bench. He was trying to get the leash on his dog but the dog just kept trying to move around and lick his face instead (adorable!)
 - 2 dogs walking together. One looked like an identical copy of the other one, just a lot smaller
- A few colorful/abstract murals on the side of a bridge and on the columns of the bridge
 - Makes an industrial structure look a bit more beautiful with a pop of color
- Weather is really sunny, the sunlight hitting the Charles River makes for a really nice view and a pretty contrast with the surrounding greenery
- Saw a wooden dock with a lone red lawn chair

- Fairly quiet, even though there's quite a few people around; really peaceful/serene atmosphere, especially combined with the crisp fall air
- Saw a few uprooted trees, including a huge willow



A lone red lawn chair looking out over the Charles River.



A beautiful combination of a cityscape and nature.



A tree tinged yellow, just starting to change color.

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
Pattern 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?
detail-oriented thinker

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.

My dad introduced me to science when I was very young. This fueled my passion for science which continues today.

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.)

I tend to share my thoughts more linearly and tend to under-share rather than over-share (I only give the most "important" points with little to no context). I feel like my thoughts would be a lot less colorful than those expressed in Donovan.

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
Hearing

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

I would want to journey into the mind of a bird (crow). I think it would be interesting to experience the changes in perception that comes with flight, as well as experience what goes through crows' minds when they make and use tools and socially interact with each other.

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?

I think selfhood is most interesting. I think it has the most direct connection to consciousness and it's interesting to think about if other animals realize that they exist as themselves rather than some other entity. Kind of like how dogs barking at mirrors raises the question of if they're barking because they see themselves or they see it as another dog and they're barking thinking there's suddenly another dog.

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

yes

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

YES bilingual

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.

Visiting Korea and seeing my relatives. It was memorable because it was an experience that allowed me to physically immerse myself in Korean culture, an opportunity I don't really have in America.

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

4

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 applied to Student Council when I was in elementary school. It was a risky decision because I was super introverted and it required me to make a speech in front of my entire grade, which was very nerve-wracking. I'm grateful that I decided to take the risk because I ended up getting into Student Council and had a really fun time and made some good friends.

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 pictures
2. Designing scientific experiments
3. Designing products or devices

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

Science (interest)

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

Neuroscience

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

1. Logical mathematical
2. Musical
3. Linguistic

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?

Yes, I think better when I'm sitting because I can focus solely on thinking instead of also focusing on my environment when I'm walking.

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

spatial abilities

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

Neurosurgeon. It does connect directly 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?

Link to logical-mathematical intelligence. Improve bodily kinesthetic intelligence.

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

P.E. It's a subject that's harder to have a concrete method of improvement (as compared to just sitting down and studying) and I also don't have much bodily kinesthetic intelligence and am not very athletic.

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

Imaginative thinking, there's infinite possibilities that I could think about, which makes it more fun and engaging.

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.

My walk to class at CAS in the morning (passing by the Jenga building, etc.). Also the nicer weather recently with the cool breeze and looking at the trees along Comm Ave.