

Date of Walk: October 5th, 2023

Time of Walk: 11:00am - 11:45am

Weather: Sunny with a slight breeze, 75°

#### Observations:

- It's really starting to feel like fall now, which I very much appreciate and enjoy since fall is my favorite season
- It's my favorite type of weather!
- people are out walking, running, or riding bikes on this beautiful October day
- people in boats rowing along the Charles River
  
- Autumnal colored leaves scattered on path and actively falling off trees
  - I like crunching them as I walk, very satisfying
  - Brings me back to my childhood
- Some trees are starting to turn yellow and orange, but most still green
- Cute little daisies lining the path
  - Makes me happy!
- Giant yellow mushroom that looks like it came out of a fantasy novel (pictured below)
  
- It smells like fall!!
  - Smell of grass and woody scent
  - Carries especially on the crisp autumn air
  
- More animals than I expected!
  - Lots of geese that proved to be sort of problematic (pictured and explained below)
  - Squirrels chasing each other up trees
  - Ducks!!! I love ducks, especially mallard ducks like the ones I saw
  
- The scenery of the Charles River with the skyline behind it is beautiful, especially from this one bridge I came across (pictured below)

#### Pictures:



The giant mushroom that looks like it came straight out of a fairytale, but the picture doesn't do a good job of conveying just how massive this was.



Okay funny story about this picture. As I was walking, there was a lady in front of me also walking. Out of nowhere these two geese swoop down directly in front of her and cut her off. It looked like a helicopter landing: leaves went everywhere, dust flew up in the air, and they cleared out their area of impact. The poor lady had to jump back so the geese didn't hit her, and then they proceeded to stand right in our way and only moved after a good 10 second staring contest.



A picture from the secluded bridge, you can see the leaves drifting in the water and right underneath the bridge there were ducks swimming (mallard ducks, my favorite).

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

Identifies as a verbal 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?

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.

Like art a lot now, because my grandpa was an artist. Also youtube, because now I like making videos.

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.)

Not a linear person, more associative. Kind of all over the place, sometimes will go off on a tangent. Very animated when she talks, dramatic.

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 or touch, because if some jeans are bad, I won't be able to focus.

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

Cat because they're so peaceful

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?

Integration across time – very existential person

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

Normal middle class

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

Yes - english and french

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

no

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.

Fashion industry is fun and very creative with its vision, impact on general society

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

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

Studying abroad in France, was staying with a family that I didn't know, but I ended up being great friends with the family, and learned more about their culture.

**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 Taking photographs/videos

3 Dancing for an audience

**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

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

Public Relations Major

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

1. Verbal-linguistic, 2. interpersonal, 3. visual-spatial

**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: when walking notice what's around more, but when sitting focusing more on one thing

**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** 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 social media manager, or an editor for a magazine etc...; yes

**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? likes writing and design, also like interacting with people; reshape mind by being more analytical and learn more strategy

**23.** What's the hardest thing you've ever had to learn? What was difficult about it?  
In school: geometry, in general learning time management and keeping a consistent schedule.

**24.** Describe the kind of thinking that is most pleasurable for you. Why is that type of thinking so fun?  
critical thinking because allows you to look at the purpose of things and look in how this plays a role into your life, and examine different parts and form your own ideas

**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.  
As I walk, I pay attention to the scenery and changing of the surroundings around me with time. I ask myself: Where am I walking? Who will I see? When I walk, I am usually listening to a playlist that matches my mood or that day's vibe, or if I'm walking in silence I'm thinking about what I have to do for the day or what I observe around me. I notice the people I pass on the street and if I recognize them from anywhere. I always walk with a purpose, whether that be a destination or just to walk.