

Date/time of walk: October 10, 4 pm

- Weather is absolutely beautiful. A little breezy, not too sunny, just perfect! Was worried it would be cold!
- The clouds are looking extra nice... I know I tend to be observant of clouds but these ones really stand out to me. I like how it seems like a sheet covering the world.
- The geese or ducks... whatever animal is in the picture... I am a little scared of them. I'm hesitant to walk close so I keep going in the grass to avoid any unwanted contact.
  - Two of them are strayed off from the rest... remind me of me and my best friend from home
- The butterfly in the picture was so pretty. I saw some before but couldn't get a picture fast enough. I had "pet" butterflies when I was little! They were monarchs... so cute.
- A lot of bikers are out. People often run in pairs. I don't think I could successfully hold a conversation while running so I am impressed every time I see that occur.
- The water is really still. Nothing is out on it. It's quite peaceful. I find it interesting how most things remind me of other things from home. Example: we have a small lake in my neighborhood where I used to visit often with my friends. This one is way bigger and is significantly more calm. Ours always had animals flying around and swimming in it.
- There aren't many flowers... something I am missing. Maybe I haven't gotten far enough yet, but the flowers I see are all the same. Pretty nonetheless.

End time: Around 4:40



→ I am from a small rural town, so I really love having a view of buildings like this.



→ Was fascinated by how many (geese?

ducks?) there are. They tend to stay together in groups and waddle around as one.



→ If you look very, very closely at one of the flowers, there is a pretty, white butterfly!

**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?

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.

Grateful to be exposed to music when I was younger, came through family and felt very natural, and now I want to be a music teacher because I really love being engaged in music.

**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.)

A zig zag line with sharp edges, along with some bubbly circles and exclamatory bubble circles. The line also stops a lot and has gaps, but then will start again. Many bubbles bouncing around everywhere, hot pink, orange, baby blue.

**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

A dog, I just want to understand my dog, and know what he thinks about. Fascinated by their excitement.

**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?

self-consciousness, because I don't know what other people think, and want to understand how other people think. How do we perceive ourselves based on what we experience?

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

Yes

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

No

**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.

Family is religious, enjoys engaging in some religious activities like Christmas

**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

2

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

A risk I'm glad I took was applying to a school so far away from where I am from. The decision was risky because being put into an entirely new environment without any safety nets could end pretty badly, especially being so far away from all of my friends and family (and dog). I am grateful that I took a chance because I think I needed to be made uncomfortable in order to achieve my full potential.

**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 instrument/singing for audience

- 1) Playing an instrument/singing for an audience
  - 2) Writing songs
  - 3) Performing in plays

**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?  
neuroscience, potentially music education

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

**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, walking helps memorization, mind engages more while walking but can focus better while 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  
object skills

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

**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?  
reflects thinking with logical skills, might reshape interpersonal skills

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

world history, difficult to pay attention to topics

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

logical puzzles

**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 imagine myself near Target and Starbucks, walking towards east campus. It's sunny and the weather is nice.