

Date: 10/04/2023

Start time: 12:05

End: 12:20



At the very beginning of my walk, I noticed a dog running around full of joy as its owner called him over. The dog seemed to be enjoying the sunshine as it was showing off its “zoomies” to everyone passing by.

Notes:

- A lot of people walking
- Even more running
- Super sunny and warm conditions
- People sitting down admiring nature
- Dogs running around seem happy
- Landscape view of the city from the esplanade looks like a photograph
- Everything looks still-despite all the movement
- Feels like “a call before the storm”
- People seem to be enjoying the sunny day in October
- My assumption is that people are trying to get some sun and nature in during their lunch breaks from work
- A lot of geese around
- Feels like a summer day
- Trees are still their summer green color
 - barely any at autumn colors apparent
 - Doesn't look as if nature is in October

- River is extremely calm
- Some leaves slowly falling to the ground
- The smell outside was very clean to me, I felt at home almost- forgetting that I was thousands of miles away
- Walking also made me take a step back and realize where I was
- It was almost a surreal feeling just taking a step outside of campus and experiencing what is outside of school and everything

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
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?
More detail oriented.

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.
Writing prompts in school, creative writing without academic pressures.

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.)
Go all over the place, similar to the cartoon, going off topic

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 , feel like a ghost if cant touch

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?

Self-consciousness- how are animals able to know themselves?

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

No.

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

yes, Spanish

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

yes, Mexican

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.

live close to family in Mexico, spending time with family, speaking the language, immersion in culture

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?

coming to Boston, far from home, leaving family

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. Taking photographs/videos, 2. Writing stories or film scripts, 3. drawing/painting pictures

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?

Bio Major but thinking of switching into Neuroscience

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

1. Verbal-linguistic, 2. interpersonal, 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?

Yes: when sitting, there's more space to pay attention but when walking, thinks about more random things

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 spatial abilities

21. Name a potential job that interests you.

Does this job connect directly to your major or potential major? YES OR NO

Psychologist or something psychology related → 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?

like analysis and learning about people and situations; would reshape mind because I would have to think more in the moment and learn on the spot

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

Chemistry for school, in general how to prioritize things

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

analytical thinking because it allows you to look at the big picture and also examining details

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 first picture myself at the beginning of my walk, with my airpods in and ready to just socially shut off and spend time for myself. I would definitely decide against using my phone so I could really observe my surroundings. I definitely would start my walk without thinking much about it until I got to mid-walk and have a moment of realization of where I am at that moment.