

Oct 5, 2023

Start Time: 9:22 am

End Time: 9:55 am

- I saw the city over the still ocean, enclosed by the trees next to the path.
- There was a red crane looming over the city skyline.
- There were a lot of runners enjoying a morning run and bikers riding past.
- The ocean was on one side while cars whizzed by on the other.
- There were a lot of geese along the path and swimming peacefully in the water.
- I took in the smell of fresh air and caught whiffs of gasoline when cars and trucks passed by.
- There was a biker who was stretching their quads while riding a bike. He had very good balance!
- I loved the bright, bold colors of the art painted under the bridges.
- A man was wearing a helmet with large, black horns protruding out from the top.
- I heard women speaking another language while running with each other.
- I passed a playground, and there were little kids swinging on a swing set.
- The sun was shining through trees, making a cool pattern with the shade and light on the path.



The buildings across the ocean are captured by the trees and the bushes. The clear, blue sky creates a beautiful background.



The art on the side of the bridge is painted with a variety of colors and shapes that make the wall pop.

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: Perceive Information better with visual inputs rather than a simple verbal explanation of something.

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?

- Mix of Both, depends on the situation but leaning towards detail oriented but initially looks at the big picture.

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.

- Exposed to art, specifically drawing and painting from a young age and it helps to be a visual learner and having developed as an artist to the point that I can make more personal pieces.

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.)

- There would a greater focus on detail but within individual topics a good attention to colour.

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: Listening to people talk and talking. Very verbose and loves listening to music.

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- wants to see what life is like in the sky

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, linear view of consciousness, it would be interesting to see how the mind of an animal works considering it's hard to imagine that from a completely different perspective.

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

- No

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

- Yes

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.

- Chinese New year is very enjoyable because amongst a group of family friends get together and reminisce about traditional aspects of life.

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?

- Switch the arts studio I go to because I didn't know the new teachers but glad I took the risk because I feel like I improve more and my time there is more reflective.

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)

1. Drawing/Painting Pictures 2. Taking Photographs/Videos 3. Playing an instrument

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 - fundamental in enjoying work to continue the work

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

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

When walking, focused on surroundings, when sitting more mental stack focused on thinking about the task

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 - focuses on spatial as well ex: drawing skills more focused on shape / color/texture/surface but also position in environment, relationship to other obj.

21. Name a potential job that interests you. Does this job connect directly to your major or potential major? YES OR NO
Clinical psychology - working and interacting with people

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?
Interpersonal used to understand others, clinical psychology

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

Math - precalc and up, knowing path forward through a problem

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

creative thinking in art - how to represent ideas in the medium

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 picture myself walking with my headphones in past the GSU toward the CDS building. I pay attention to the nature around me, and I usually see people I know walking past me. I take the time to notice the weather, trees, sky, and cars that are driving by.