

Taking a Walk on the Charles River Esplanade

Assignment

- Walk for fifteen minutes on the Esplanade toward the East along the river. After 15 minutes, turn around and walk back to the Silber Way Overpass.

- Started at 3:32
- Noticed a lot of bikers and runners
- It was a nice temperature to go for a walk so it was very relaxing
- I had some good music going and started to listen to the sounds of my surroundings on top of that
- I was very annoyed at the road noise
- All of these runners are making me feel like I should be running
 - They are now reminding me of why I don't like running
- I miss biking at home
- Ended at 4:03

Below is my photo. I have no idea what it is, or what it is used for, which is why I chose it. I spent longer than I should have analyzing it, but I came to no real conclusion about its purpose.



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

- Not verbal
- Pattern!
 - Likes being in routine
 - Helps productivity
 - Hands on, repetition to develop familiarity
 - Pattern recognition
 - “Lacking in the creativity field”
 - Patterns are hard to employ in storytelling

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
- Clean room, organized, meticulous
- Likes an orderly lifestyle

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.

- Lots of sports
- Basketball
 - Specifically - basketball as a way to leave the neighborhood environment, interact with many other people and learn about them
 - Better perspective
 - reality check that wouldn’t’ve happened without playing with folks from other places

4. Do you openly/publicly identify as neurodiverse? YES **OR** NO

- Unofficially yes, fidgeting and impulsive

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.)

- Can reign it in but when passionate speaks quick, side story
- When a less passionate subject, more “controlled”

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 music, people, needed to focus
 - Taking in a lot through auditory information

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

- Dog of a rich family in an affluent area
 - Livin the life
 - Treats attention walks sleep

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
 - Growing up, not self-consciousness
 - Later reflection learning, developing

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

- Wouldn't self identify as higher social class but would be identified as such
 - Neighborhood and school - affluent
 - Basketball was exposure out of the bubble
 - Also learned through basketball, comparatively affluent

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

- No

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.

I belong to the culture that my family has created. A tradition we have is we go to a food kitchen every Christmas Eve. I find it memorable because it makes us appreciate what we do have and makes me feel fulfilled.

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

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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 took a risk EDing to BU. It was risky because I didn't know if I would like the city. I am grateful because I like it.

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. Designing products or devices
2. Designing fun activities for kids
3. Designing scientific experiments

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: Is intrinsically interested in physics, and as a result, puts in effort to learn and improve in the subject.

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

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

1. Logical-Mathematical Intelligence 2. Bodily 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, because I'm happier and more positive when I'm walking (depending on the weather), then when I'm sitting.

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

Equally strong in both

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

Car Mechanic

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?

It is directly linked because I like knowing how things work, and therefore wants my job to be related to that.

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

Different Language (French) "it was actually impossible", compared to French I am much better at learning coding languages

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

Positive and achievement thinking: Activities/Thinking that ends in some kind of accomplishment such as finishing homework.

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.

Sunny day, walking on the bike path, slowly with some music playing, or maybe facetime someone.