**Idea Log**

**Did you see the gorilla? Did you notice any of the other changes? Were you surprised?**

Yes, I did see the gorilla. It was surprising how I missed some of the other changes while focusing on the gorilla. It's a great reminder that our attention can be quite selective.

**Describe a time when you missed something that seemed obvious later on.**

One time, I was searching for my keys frantically, only to realize they were right in front of me on the kitchen counter. It was frustrating how I overlooked something so obvious.

**Everyone has experienced a time where they "missed" something while on their phone, at work, at home, driving, cooking, etc. Share an experience when you missed something.**

I remember missing an important detail during a work presentation because I was busy checking my phone for messages. I had to ask my colleague to repeat the information later, which was embarrassing.

**Of these distractions, which one distracts you the most? What would be the best way for you to manage it?**

Out of these distractions, my phone distracts me the most. To manage it, I could set specific periods for checking messages and notifications, ensuring my focus remains on the task at hand.

**Think about what you’ve learned so far about observation and paying attention. What are some of the most important lessons you have learned?**

I've learned that observation isn't just about using our eyes; it involves all our senses. Also, being truly present and engaged helps avoid missing important details.

**How many issues did you identify? What did you miss?** **Describe a time when you had a close call with injury. What do you do differently now because of it? This can be at home, at school, or at work.**

I identified three issues in the scenario. One thing I missed was the change in the background color. As for a close call, I almost tripped on a loose carpet at home. Now, I'm more cautious about keeping the floors clear and secure.

**Quick Summary**

**What are two things you learned in this case study?** **What question(s) do you still have about the case study?** **Is there anything you would like to learn more about with respect to this case study?**

Two things I learned are the importance of using all senses for observation and how distractions can lead to missing details. I don't have any specific questions, but I'd like to learn more about strategies for improving attention and observation skills further.