

Homework 21

Due in class on Tuesday, November 15th.

The self experiment write-ups are due Thursday, November 17th. Here is the structure that we agreed on for the write-ups:

1. Explain the goal and purpose of the self experiment
2. Explain how you planned your time use and compare to your actual time log.
3. Use figures and fun anecdotes throughout.
4. What went wrong with the experiment? How did you address these trouble areas.
5. What thoughts and strategies did you develop for getting started and avoiding early obstacles?
6. What did you learn about your specific topic and on goal setting in general? How did deliberate practice help with this process? How could you better utilize deliberate practice moving forward?
7. Were your stakes effective? Why or why not?
8. What is your overall reflection on the project

To listen to:

1. Listen to the Freakonomics episode *How to Be Less Terrible at Predicting the Future*:
<http://freakonomics.com/podcast/how-to-be-less-terrible-at-predicting-the-future-a-new-freakonomics-radio-podcast/>

To read:

1. Read the excerpt of Tetlock and Gardner's book "Superforecasting":
bohr.physics.berkeley.edu/hal/teaching/sci127Fa16/notes/Superforecasting1.pdf
2. Read Ch 6, *The Upside of Distraction*, of Carey's "How We Learn".
3. Read Ch 5, *Emotional*, of the Heath Brothers' "Made to Stick".