

## Homework 7

Due in class Thursday, September 22th.

To read:

1. Read the 2nd excerpt from Daniel Kahneman's *Thinking, Fast and Slow*.

To hand in:

A complete summary of your learning project for the next two weeks. The plan should include:

1. A clear statement of what constitutes success in your project. In other words, what is your goal? It should be specific and challenging to reach in the 20 hours you have allotted.
2. A roughly one paragraph prose description of the project.
3. A detailed plan of how you expect to spend the twenty hours over the next two weeks. This should include a schedule of when the twenty hours will take place in each week.
4. Write out a table in your lab notebook in which you can log your practice sessions. Take notes in your lab book as you carry out your self experiment.
5. A discussion of how you applied at least two of the tools from the books we have read so far to your planning process. For example, you might use: the DiSSS (Deconstruction, Selection, Sequencing, and Stakes) or CaFE (Compression, Frequency, Encoding) tools from Tim Ferriss; the checklists from Josh Kaufman; or the tools laid out in our chapter summaries from Heidi Grant-Halverson. (I've posted both of the latter for you to download from the notes section of our web page.)
6. A description of the stakes that you have put in place so that failing to reach your goal will be meaningful to you and how these stakes are going to be monitored. These stakes can be monitored by friends, by Hal, or using one of the websites: [www.stickk.com](http://www.stickk.com) and [www.egonomicslab.com](http://www.egonomicslab.com). I'm open to novel ideas here, but I do want for you to have stakes.
7. Plan a way to measure your current competence with regard to the goal you have set and a way to measure your competence at the end of the 20 hours. These before and after snapshots will be great fun in celebrating our victories and laughing at our failures.