

Today

I. Last Time

II. Mental Representations

III. Deep work and the Digital Commons

I. *Benedict Carey on Percolation and Incubation: stop while you're at

*Purposeful vs. deliberate practice: the first is planned goals and you know

what you are aiming for-outside your comfort zone vs in the second you

have a mentor/teacher that can give expert feedback, that reinforces the

challenging nature of the practice.

*Deliberate practice can lead to physical changes, even in the brain.

* Perfect pitch is not inborn, but is learned.

II. Mental Representations

In the beginning of the course we talked about schemata. This came from “Made to Stick”. Roughly things that stand in for mental processes and give us shorthand to refer to them.

What is a pomelo? One way to capture it is to say that it’s a large grapefruit.

Reactions to schema: Hard to remember what the point was. The one thing that stuck was that you have to break peoples’ schema to create ‘unexpected’ reactions. Seemed overly technical.

II. Mental Representations

What's special about experts? A mental representation is a two way street.

Written Arts: The number of mental reps in a single sentence is remarkable. Getting to a higher level of writing requires a whole new set of mental representations, e.g. the ability to translate an experience through writing (narrative). Experience is a complex mixture of physical inputs, emotions, many more things. What do you include? John McPhee

Writing and visual art: Memorize a sketch of a project before beginning. In making stained glass, the mental representation helps to avoid problems in the process. In a candle holder example, the lack of planning really messed up the final piece.

II. Mental Representations

Examples of mental representations:

How to learn the distinction between left and right. East and West. Impose the street signs over mental picture of map.

Remarkably challenging to learn left vs. right distinction.

Writing: Story structure for short fiction based on a car crash.

Three acts: driving, a deer enters the road (inciting incident), swerve and crash.

And...and...and

But...however...yet

And...but...therefore

II. Mental Representations

Chess pieces and how they move. The mental representation for position and the functions of positions.

III. Deep Work and the Digital Commons

Correct, but heavy handed.

Success=technological, wealth, ...

vs our our notion of success=???

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Digital distractions are valuable in moderation. Social media as an information gathering tool. Complications regarding the quality of the information and social grouping/herding.

III. Deep Work and the Digital Commons

What do you think of our uses of digital technology?

Digital distractions are valuable in moderation. Social media as an information gathering tool. Complications regarding the quality of the information and social grouping/herding.

Social media is designed to be addictive. Would be nice if it was designed for user benefit and not for company profit.

Likes and hearts etc as shaping perception in an odd way.

Interactions over social media are not as fulfilling as human-to-human contact.

Easier to write about deep work than to do it. How/do people carry this sort of work out?

Reactions to digital minimalism experiments:

It would feel better to be without for a time, but we need them too. There are opportunities that will be unavoidably missed.

For the L&T experiment, it would be great, but might not be practical. L&T so much change already and need to contact parents/family.

Ran an experiment where deleted all the social media. Helped to define who was important in my life. Use it now largely to share art. People assume that you are caught up on their social media. Separating the functions of devices.

Distractions are not entirely bad. People are often aware when a technology is serving them well and when it isn't.

The value of learning to be alone. It helps you to sort out when something/person is acting as a crutch.

In the context of your work, your studies, is the current level of technological distractions that you have creating value for you or trouble?

Again can be both. At times it does act as an over distraction. There is some argument to be made for behavioral addiction, but there are many many things that we would be disturbed by losing.