

Today

I. Last Time

II. Check In

III. Self Experiment Write Up 2

IV. Self Experiment Obstacles

V. Class Outline

I. *Mental Representations: e.g. from writing, narrative, car crash analog

*Technology as route to or away from “deep work”

*Deep work is uninterrupted, undistracted, deliberate practice in your work.

III. Self experiment write up 2 now due May 2nd.

III. I'd like to add one new section that compares the two self experiments.

How did the pandemic change your plans?

At what point were you most effective in your practice?

Change the page limit to 3.