

Today

I. Last Time

II. Passion and Grit

III. Learning Without Thinking

I.* Talked about Grit. Tested our own Grit with the scale. What is Grit? Your ability to stick to your commitments, perseverance, dedication.

* $\text{skill} = \text{talent} * \text{effort}$ and $\text{achievement} = \text{skill} * \text{effort}$. Effort counts twice.

*Ability to question your identity, specifically, not to believe it when your identity says you can't do something.

*Interleaving: intercutting different material and , in particular, allowing yourself to study around your goal instead of directly just the goal.

*Cognitive Architecture of Learning—it's different from what we expect! Testing as form of learning, interleaving, etc.

II. An overarching goal can provide structure and direction for your grit.

A goal: working out

Why? To be healthier

Why? Makes me feel better inside as well as out

Why? Health helps me to achieve other things.

Another goal: Write more

Why? Because of my major

Why are you a written arts major? It's something I love

Why? Allows communication, empathy, connection with people

Why does it give those things? Gives another's perspective

What makes grit: interest, practice, purpose, hope

II. Purpose is about considering others as well as our selves. For example, carrying out a personal obligation often gets dropped in favor of a request from another. Social connection is central to us as people.

Depression is an example for me: When depressed I find that my thinking revolves around myself a lot. One way out for me is to focus more on other people and supporting them. This helps me to take action.

Tutoring.

Focus on others helps you to see the fruit of your actions.

Goal conflict: Write out as many goals as you can think of (e.g. 25)... might not think you had that many.

II. Goal conflict: Write out as many goals as you can think of (e.g. 25) ...might not think you had that many. Buffet story is nice, but has a bit the character of an ad. It's nice her move to looking for goal unity. Compare the principle of "simple" from made to stick.

Have any of you had a chance to think about your goal unity?

Helping youth to overcome the challenges that are a result of their circumstances.

Being content, healthy/loving relationships, ...—> Achieve contentment

Being a teacher, teaching dance, history/writing/classics, —> teach with as much enthusiasm as I experience when learning

III. Learning Without Thinking

Qualitative aspects of expertise. The sense of a pitch can dictate what an expert does. They have to trust that feeling.

Chess experts don't look deeper than novices.

Perceptual learning.

Try the eye and mirror experiment and the clock with a seconds hand experiment.