

Flow and Education

Lawrenceville School

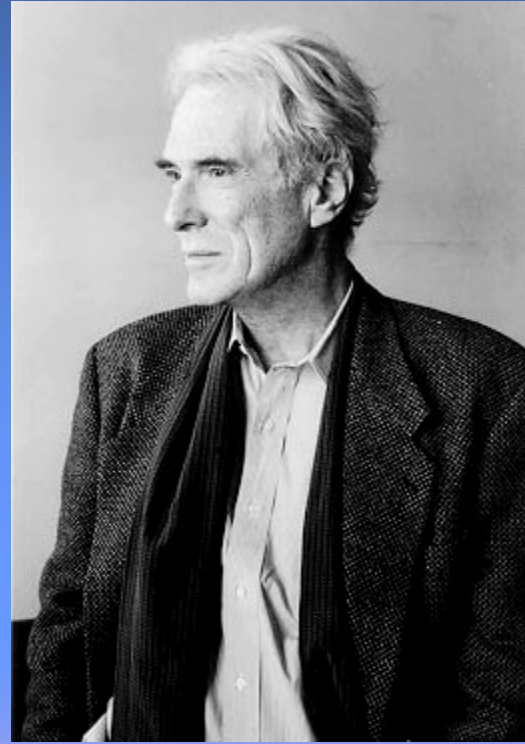
June 16, 2007

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DESCRIPTION OF THE FLOW EXPERIENCE WHEN WRITING POETRY

“You're right in the work, you lose your sense of time, you're completely enraptured, you're completely caught up in what you're doing.... there's no future or past, it's just an extended present in which you're making meaning...”



Poet Mark Strand, 1991

DESCRIPTION OF THE FLOW EXPERIENCE WHEN DOING RESEARCH



**Cell biologist
Joseph G. Gall (1991)**

“To go into a dark room and look through the microscope and see these glowing objects which may be moving around or may be stationary, and in different colors – it's a video game, if you will. It's just beautiful...I can sit in front of a microscope for three or four hours at a time, just looking at the material and analyzing it....I can be very disconcerting to other people in the degree to which I can concentrate on something and not pay too much attention to what's going on around me.”

DIMENSIONS OF THE FLOW EXPERIENCE

- Attention is focused on a limited stimulus field. There is full concentration, complete involvement.



DIMENSIONS OF THE FLOW EXPERIENCE

“Concentration is like breathing: you never think of it. The roof could fall in and, if it missed you, you would be unaware of it.”

Chess player
(Csikszentmihalyi,
1975)



DIMENSIONS OF THE FLOW EXPERIENCE

- Attention is focused on a limited stimulus field. There is full concentration, complete involvement.
- Action and awareness merge



DIMENSIONS OF THE FLOW EXPERIENCE

“You’re so involved in what you’re doing, you aren’t thinking about yourself as separate from the immediate activity. You’re no longer a participant observer, only a participant. You’re moving in harmony with something else you’re part of.”

**Rock climber
(Csikszentmihalyi,
1975)**



DIMENSIONS OF THE FLOW EXPERIENCE

- Attention is focused on a limited stimulus field. There is full concentration, complete involvement.
- Action and awareness merge.
- There is freedom from worry about failure.



DIMENSIONS OF THE FLOW EXPERIENCE

“You feel like...there’s nothing that will be able to stop you or get in your way. And you’re ready to tackle anything, and you don’t fear any possibility happening, and it’s just exhilarating.”

Cyclist (Jackson & Csikszentmihalyi, 1999)



DIMENSIONS OF THE FLOW EXPERIENCE

- Attention is focused on a limited stimulus field. There is full concentration, complete involvement.
- Action and awareness merge.
- There is freedom from worry about failure.
- Self-consciousness disappears.



DIMENSIONS OF THE FLOW EXPERIENCE

“You are not aware of the body except your hands....not aware of self or personal problems....If involved, you are not aware of aching feet, not aware of self.”



Surgeon
(Csikszentmihalyi,
1975)

DIMENSIONS OF THE FLOW EXPERIENCE

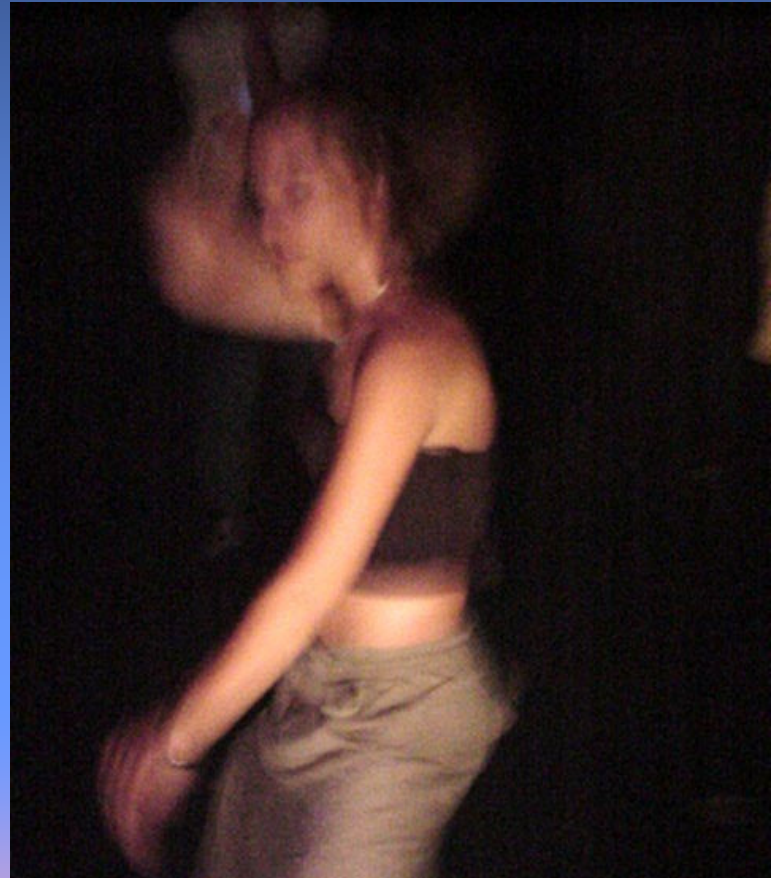
- **Attention is focused on a limited stimulus field. There is full concentration, complete involvement.**
- **Action and awareness merge.**
- **There is freedom from worry about failure.**
- **Self-consciousness disappears.**
- **The sense of time becomes distorted.**



DIMENSIONS OF THE FLOW EXPERIENCE

“Two things happen.... After it’s passed, [time] seems to have passed really fast. I see that it’s one o’clock in the morning and I say, ‘Ah-ha, just a few minutes ago it was eight o’clock.’ But then while I’m dancing...it seems like it’s been much longer than it really was.”

Social dancer
(Csikszentmihalyi,
1975)



DIMENSIONS OF THE FLOW EXPERIENCE

- Attention is focused on a limited stimulus field. There is full concentration, complete involvement.
- Action and awareness merge.
- There is freedom from worry about failure.
- Self-consciousness disappears.
- The sense of time becomes distorted.
- The experience become its own reward - *auto-telic*.



DIMENSIONS OF THE FLOW EXPERIENCE



“Do it for the satisfaction it gives....This is what I tell my students. Don’t expect to make money, don’t expect fame or a pat on the back, don’t expect a damn thing. Do it because you love it.”

Composer (Csikszentmihalyi, 1975)

TO SUMMARIZE: DIMENSIONS OF THE FLOW EXPERIENCE

- Attention is focused on a limited stimulus field. There is full concentration, complete involvement.
- Action and awareness merge.
- There is freedom from worry about failure.
- Self-consciousness disappears.
- The sense of time becomes distorted.
- The experience become its own reward - *auto-telic*.

...WHAT CONDITIONS FOSTER FLOW?



CONDITIONS OF THE FLOW EXPERIENCE

1. There are clear goals every step of the way.



“It’s self-catalyzing...the moves create each other. The move you’re planning to do is also the genesis of the move you’re going to do after you’ve done that one...”

Rock climber
(Csikszentmihalyi, 1975)



CONDITIONS OF THE FLOW EXPERIENCE

1. There are clear goals every step of the way.
2. There is immediate feedback to one's action.





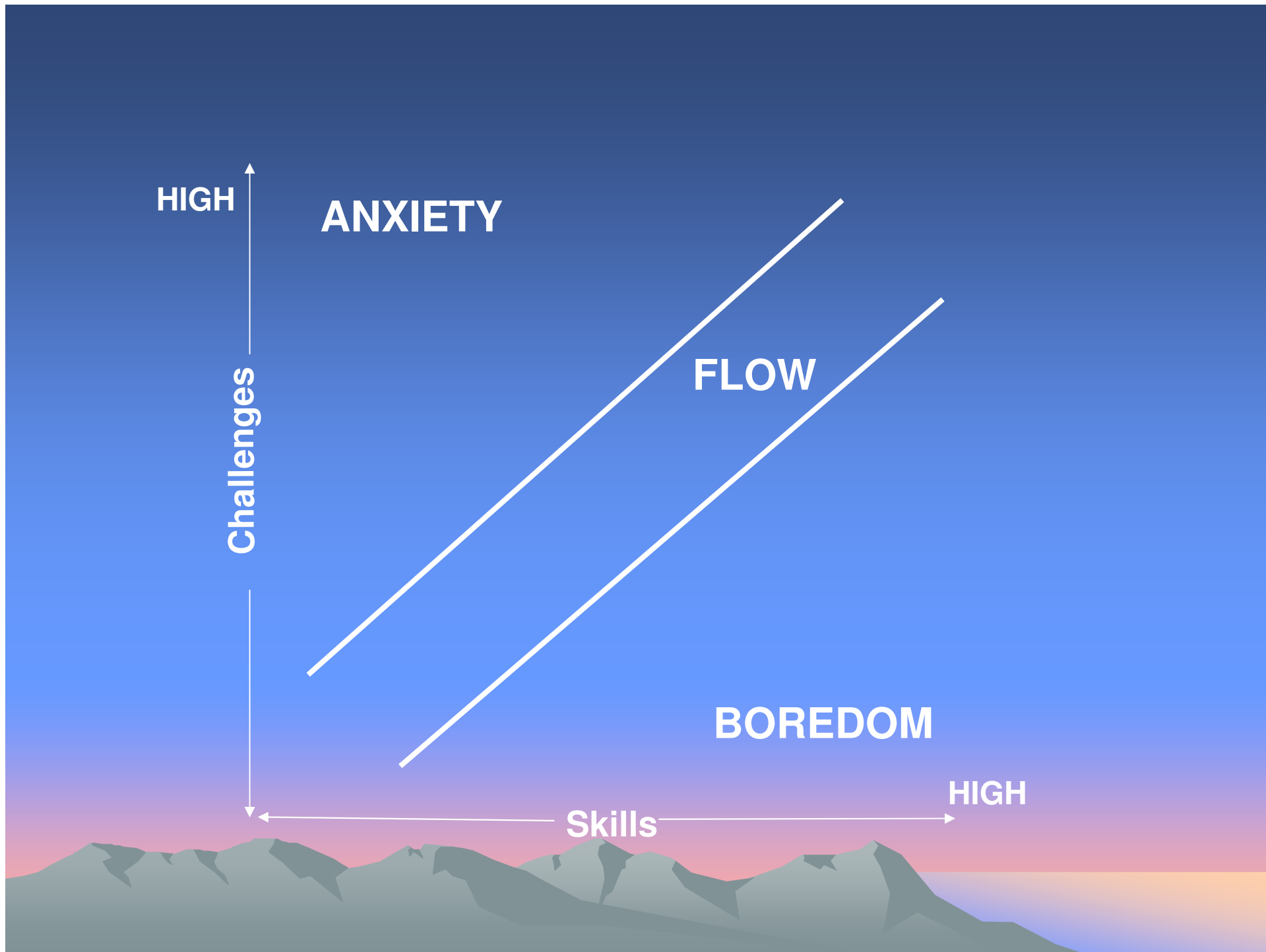
“My reward is hearing what I’ve done, and unlike most composers, I can hear it immediately. That’s why I keep these expensive gentlemen with me.”

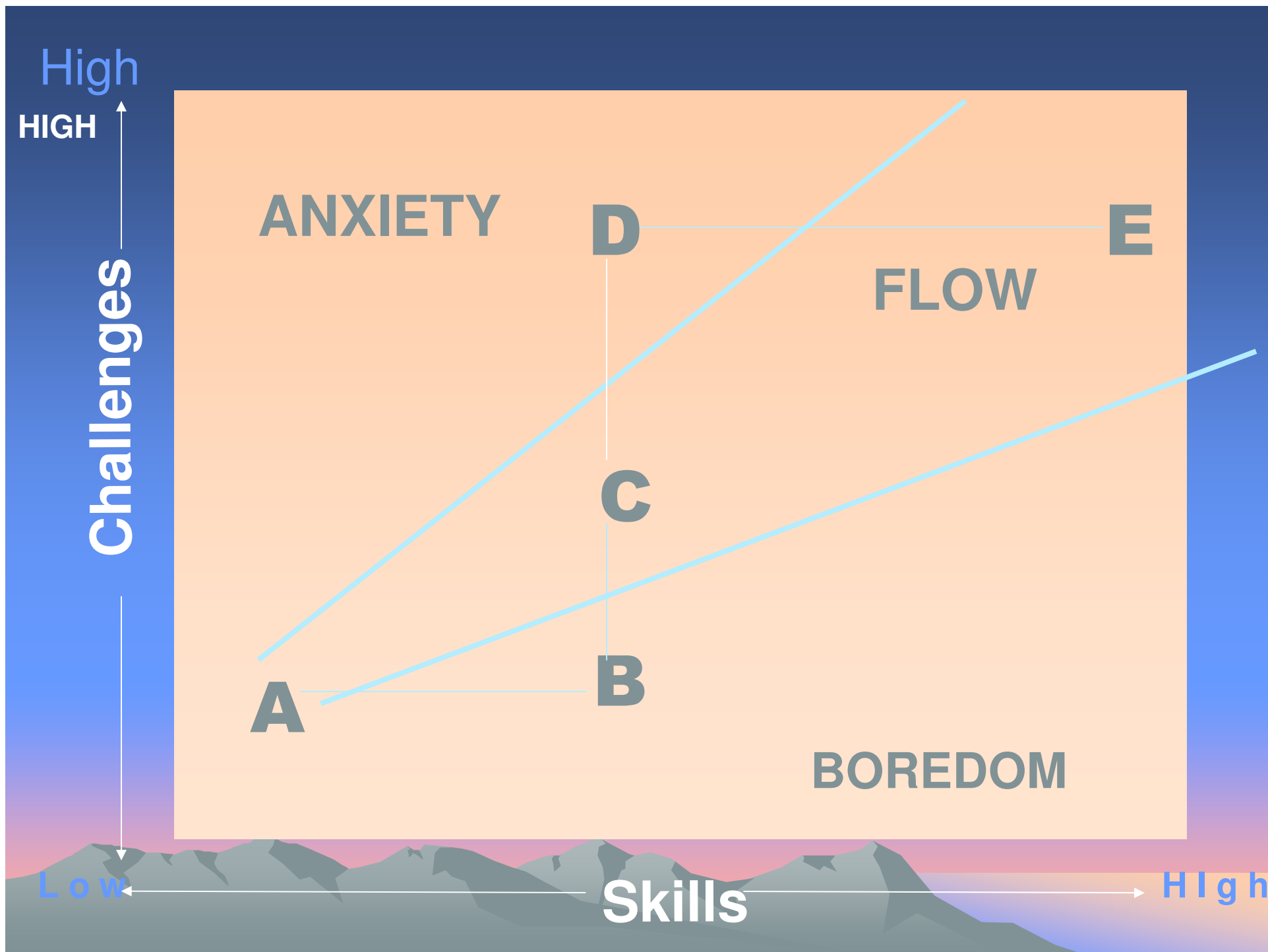
Duke Ellington

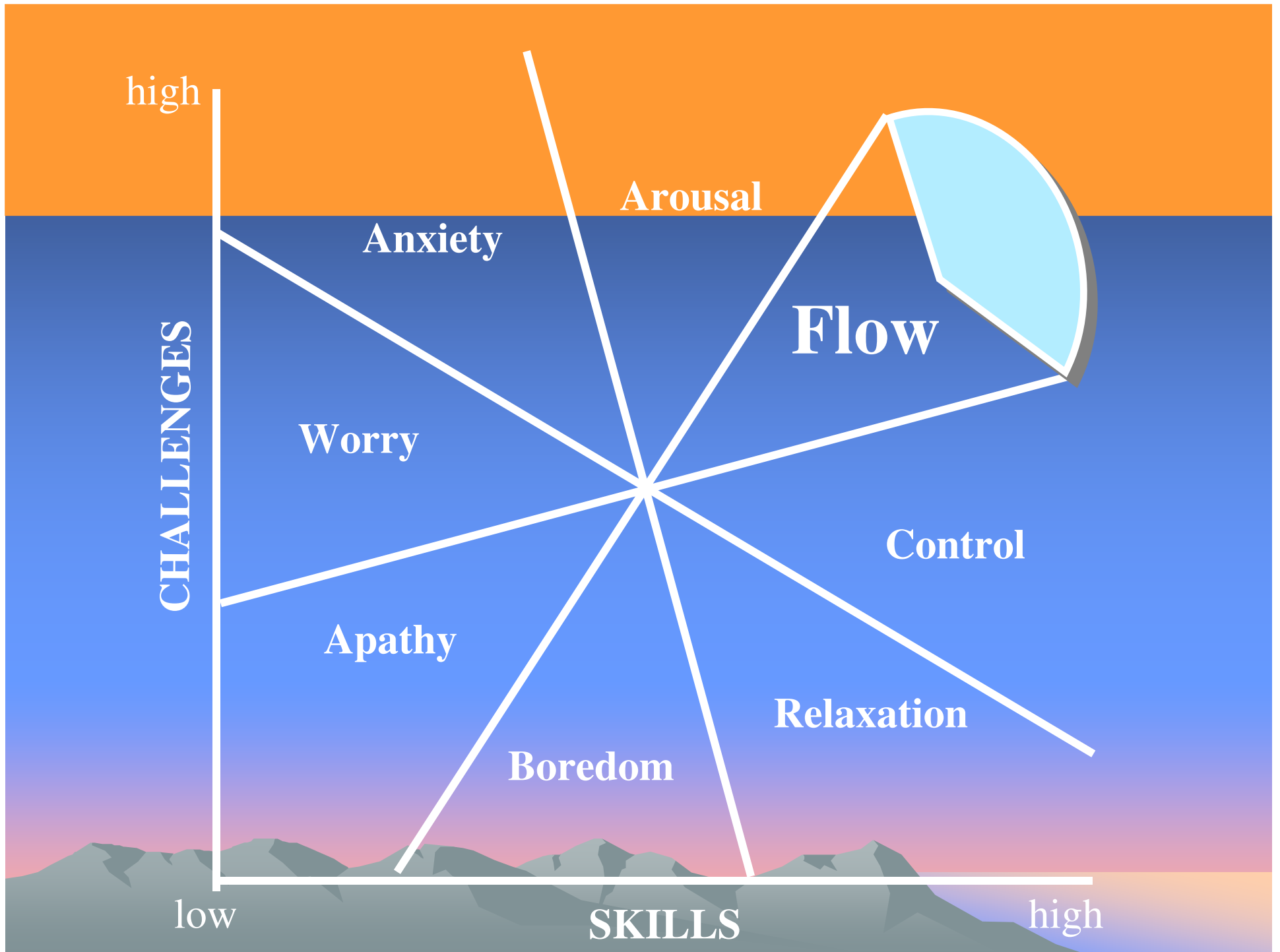
CONDITIONS OF THE FLOW EXPERIENCE

- 1. There are clear goals every step of the way.**
- 2. There is immediate feedback to one's action.**
- 3. There is a balance between challenges and skills.**



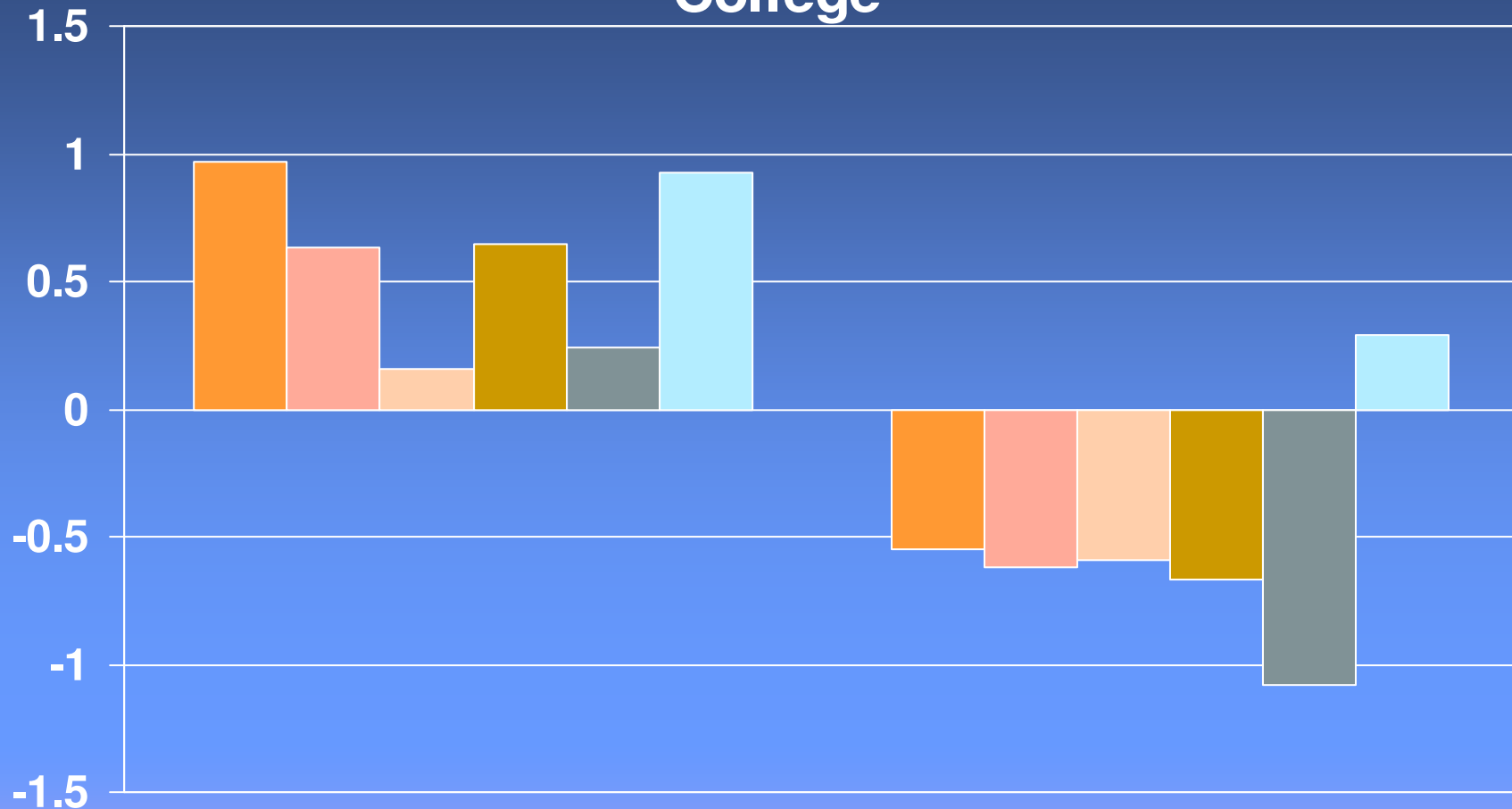






Optimal experience and apathy during work and study

College



Opt.exp. (N=19)

Apathy (N=15)

Concentration

Control

Happiness

Involvement

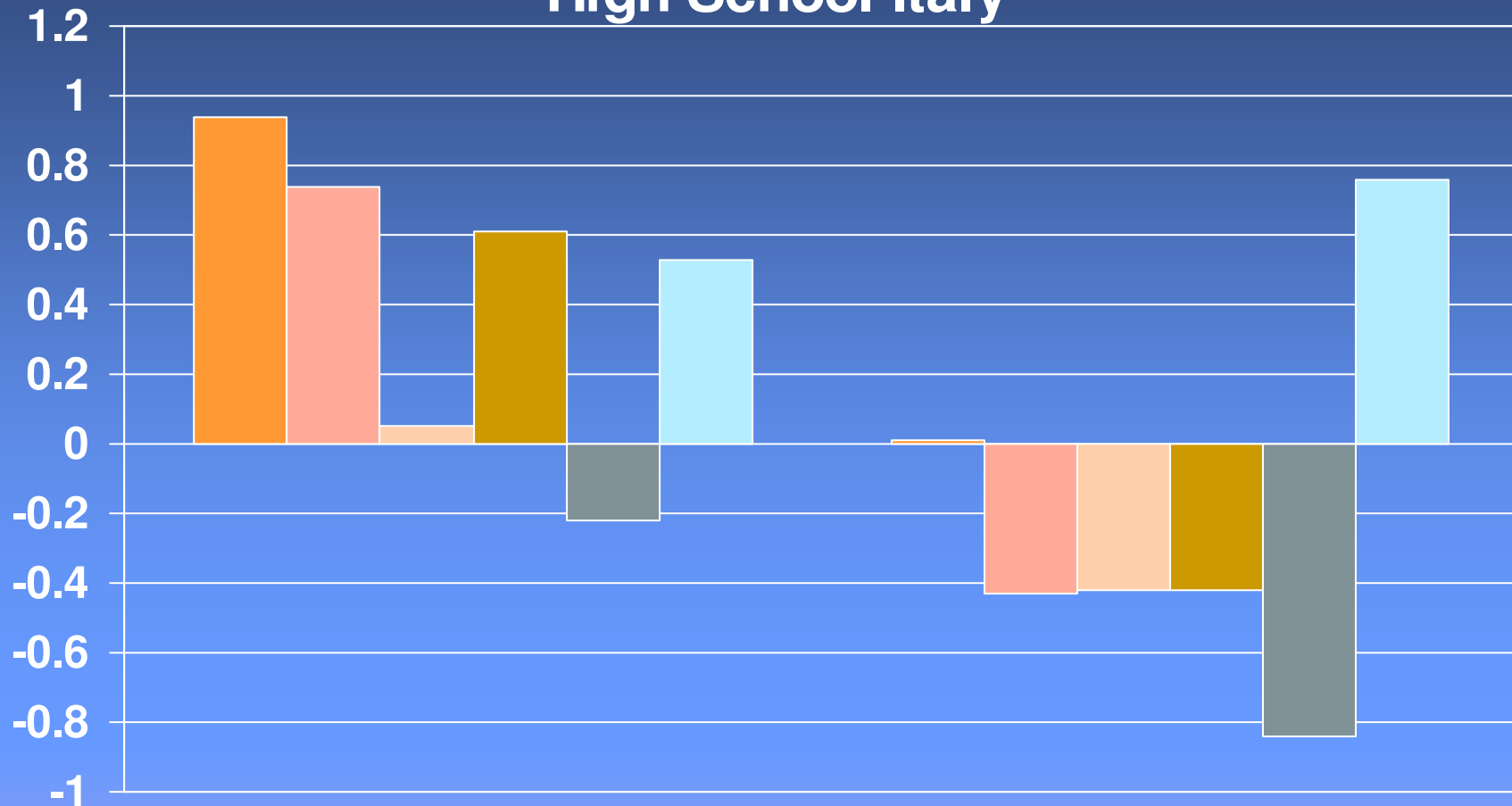
Wish doing the activity

Goals

From A. Delle Fave, & F. Massimini. *European Psychologist* 2005

Optimal experience and apathy during work and study

High School Italy



Opt.exp. (N=25)

Apathy (N=20)

Concentration

Control

Happiness

Involvement

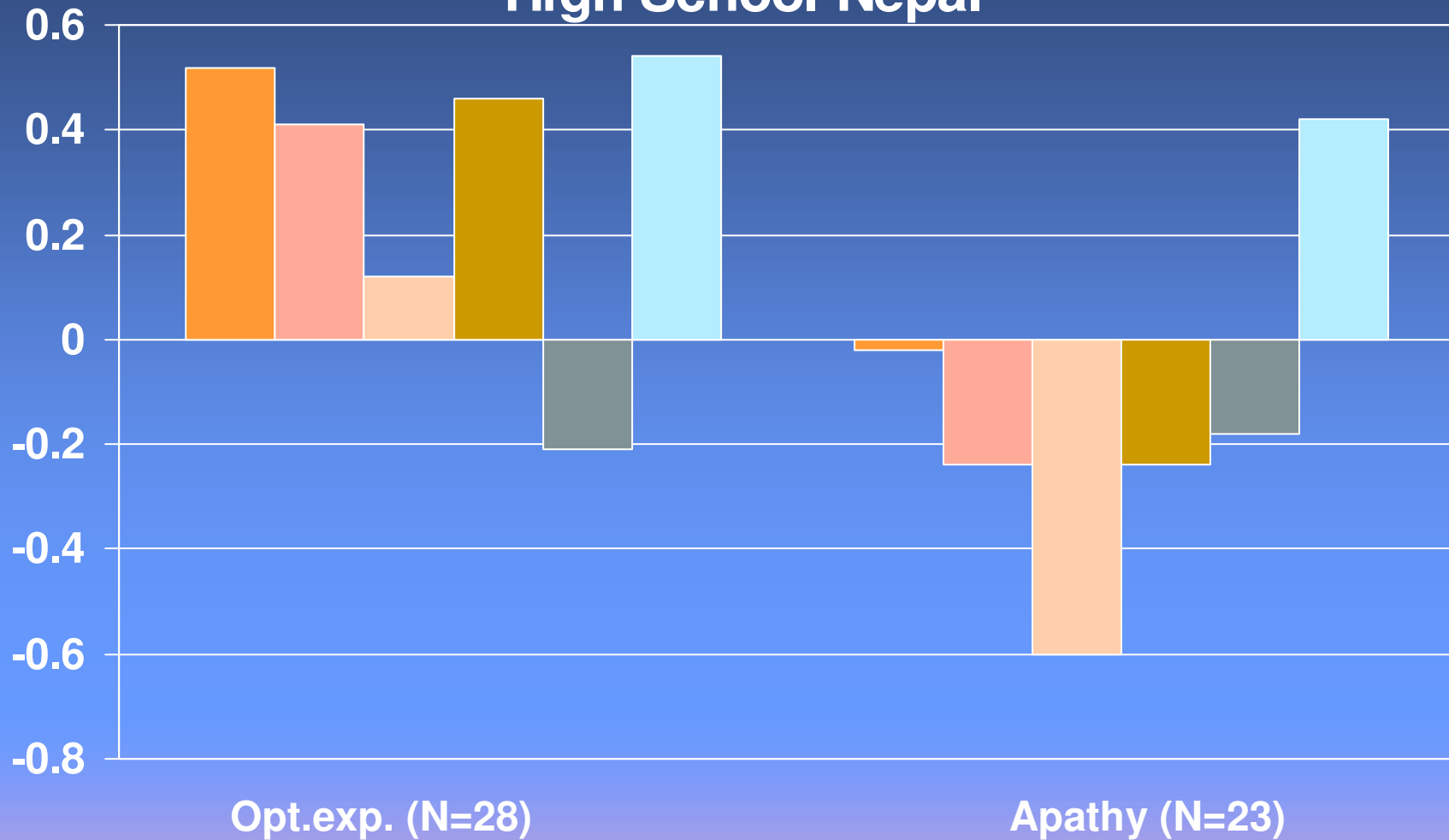
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Goals

From A. Delle Fave, & F. Massimini. *European Psychologist* 2005

Optimal experience and apathy during work and study

High School Nepal



Concentration

Control

Happiness

Involvement

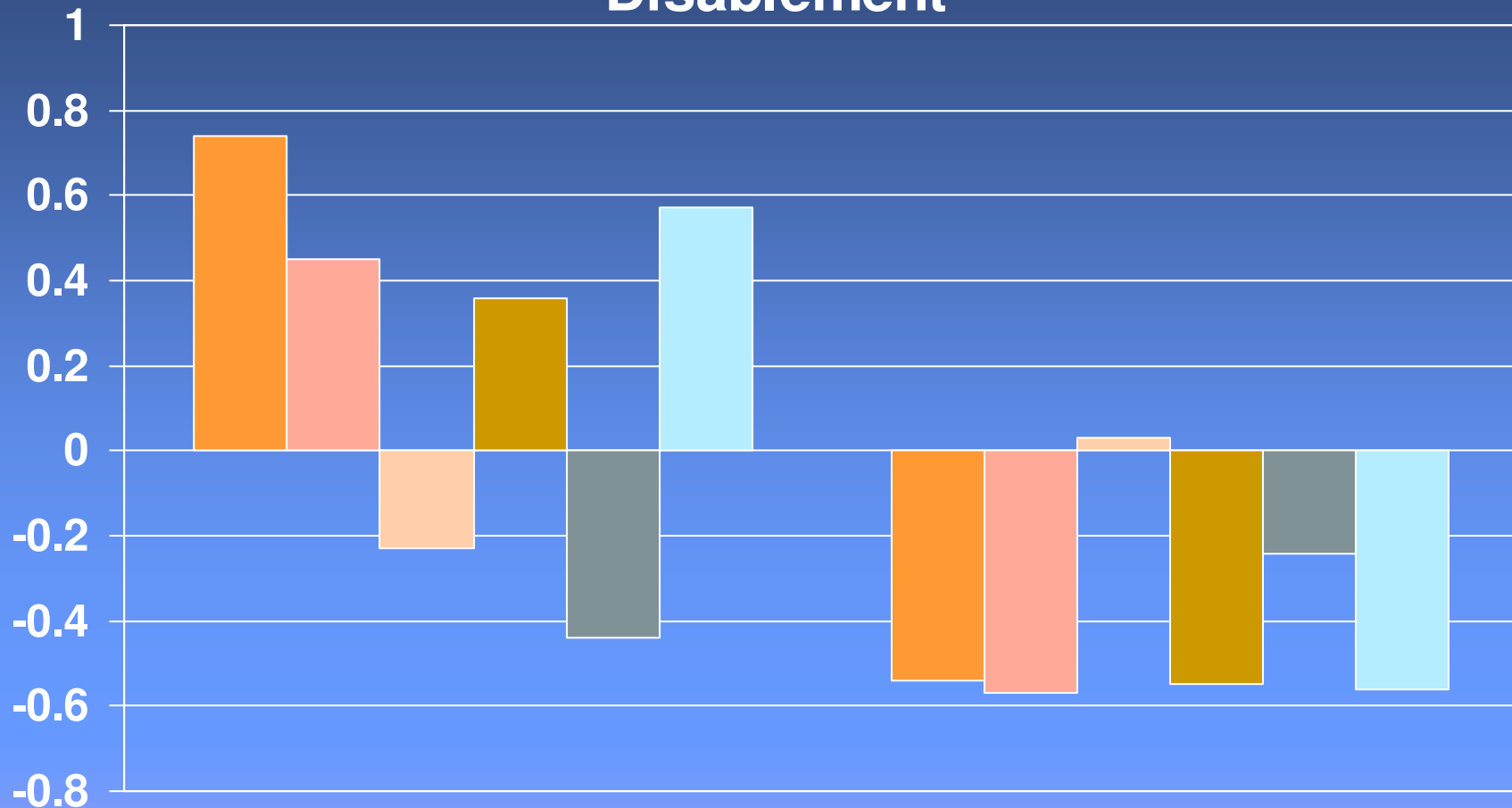
Wish doing the activity

Goals

From A. Delle Fave, & F. Massimini. *European Psychologist* 2005

Optimal experience and apathy during work and study

Disablement



Opt.exp. (N=14)

Apathy (N=10)

Concentration

Control

Happiness

Involvement

Wish doing the activity

Goals

From A. Delle Fave, & F. Massimini. *European Psychologist* 2005