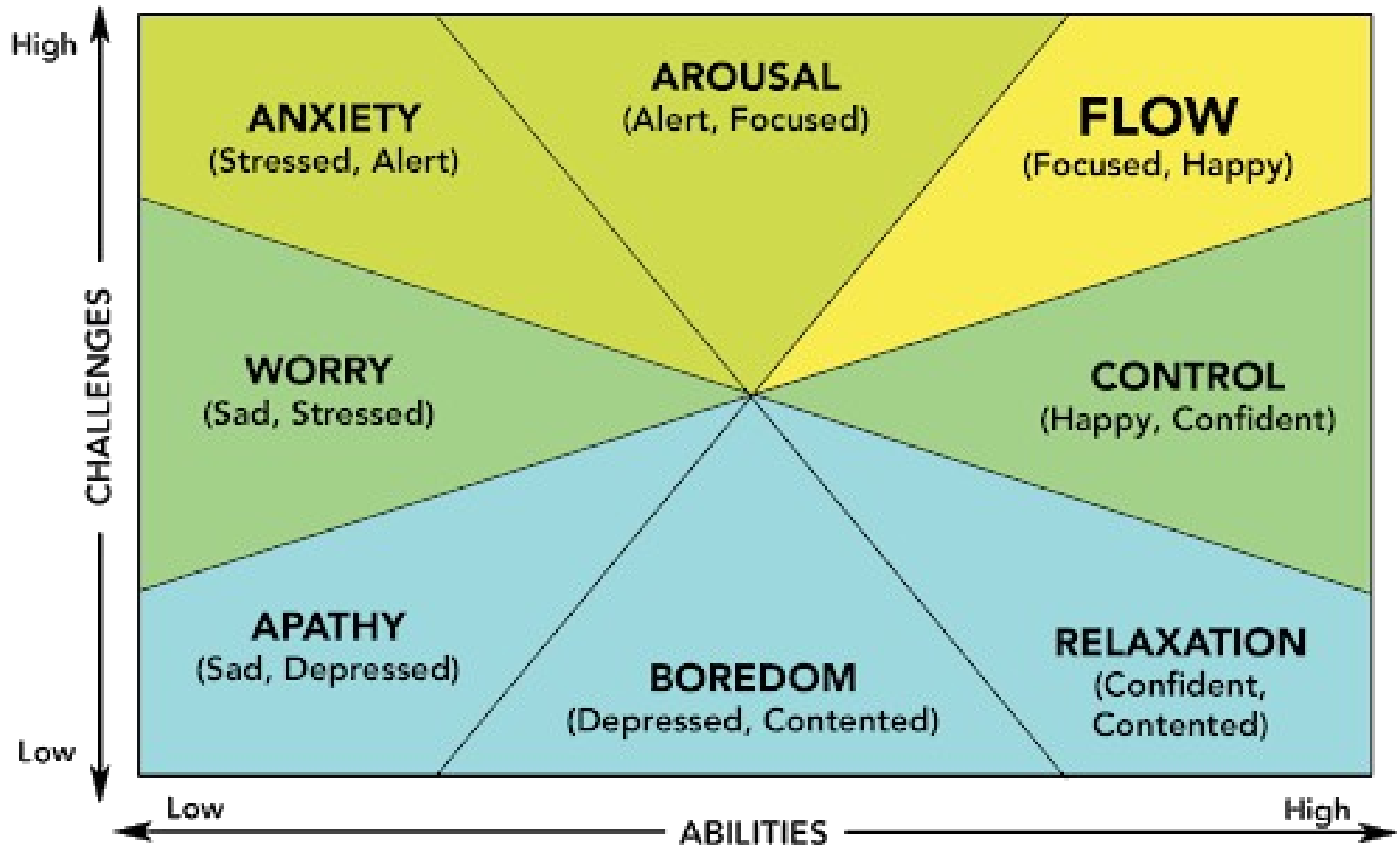


Flow

Flow – defined – a Review from Chapter 1

- an optimal psychological state (Csikszentmihalyi)
- a state of total focus on the task at hand; being in the present moment
- associated with positive experiences and performance outcomes

The Psychology of Flow



The Science behind Flow

- The human Nervous System is incapable of processing more than 110 bits of information per second
- Just to listen and understand it takes ~60 bits/s
- That's why its hard to understand more than two people talking at the same time.
- In flow All Info Stream is Engaged, and nothing is left to monitor Physical Feeling (hunger, pain), problems at home and other important things

Components of Flow

1. **Challenge-Skill Balance.**

A balance between the demands of the situation and personal skills.

2. **Action-Awareness Merging.**

Deep involvement that makes actions seem automatic.

3. **Clear Goals.**

Certainty about what one is going to do.

4. **Unambiguous Feedback.**

Immediate and clear feedback that reaffirms actions.

5. **Concentration on Task at Hand.**

Feeling focused.

6. **Sense of Control.**

Happens without conscious effort.

7. **Loss of Self-Consciousness.**

Concern for self disappears as person becomes one with activity.

8. **Transformation of Time.**

Time passes faster, slower, or there is unawareness of time.

9. **Autotelic Experience.**

Feeling of doing something for its own sake, with no expectation of future reward.

A mindset that facilitates flow

- Identify what is important – clear unambiguous goals
- Move in the direction of what is important, taking into account feedback along the way
- Embrace challenge
- Stay in the present moment

The Game method Vs Education for flow

Education: Only one trial, all preparation done once. [low flow]

**The Game Method: optimizes flow
[develop skill and increase challenge]**

While !done:

- Try:

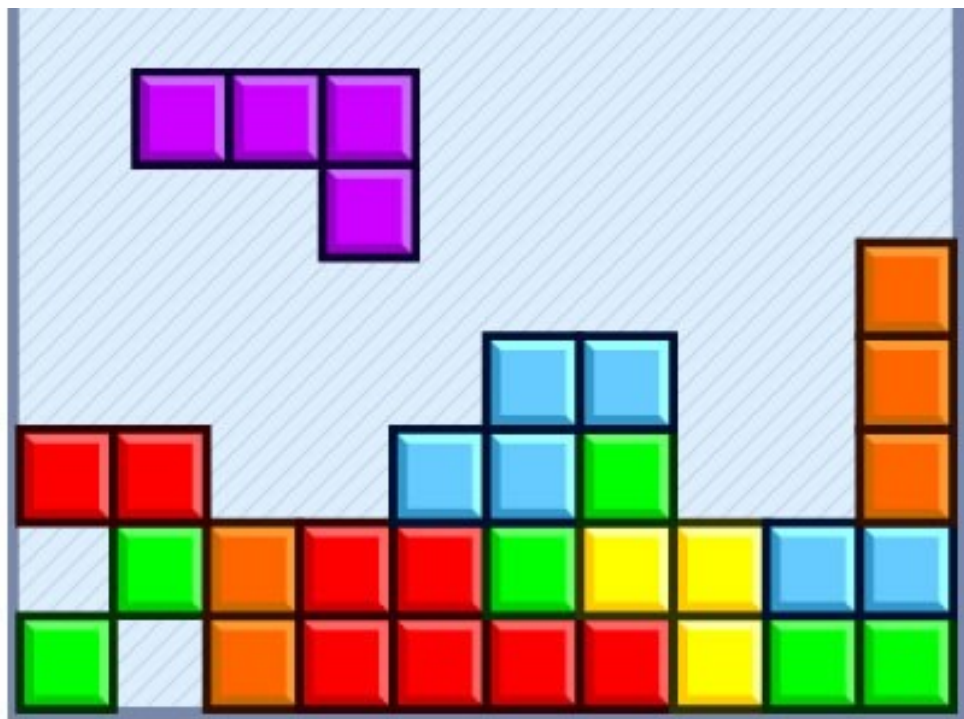
 - Task

- Except:

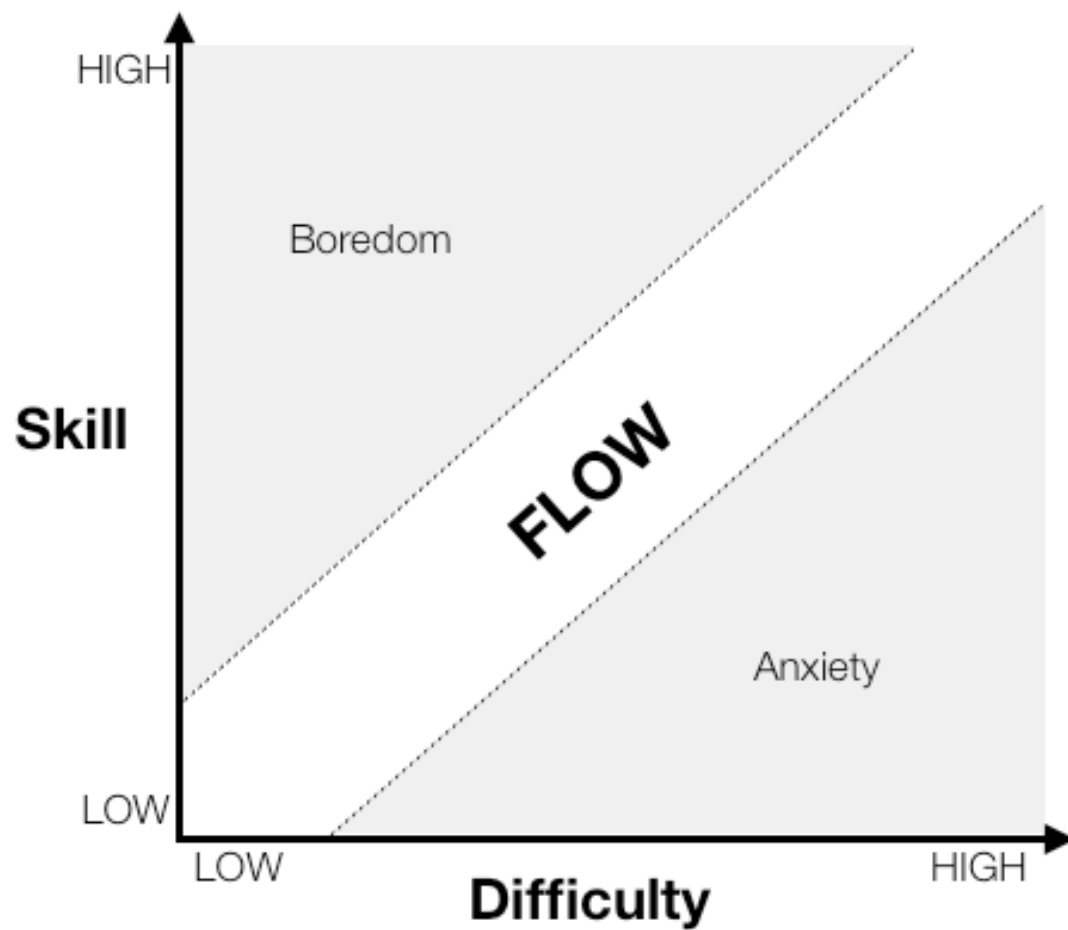
 - Continue

Computer game design & flow

A challenging computer game can make us feel overwhelmed, and more likely to give up. Similarly, a computer game that is too easy can induce boredom. To trigger flow, a good computer game should be halfway between these two extremes.



- Levels
- Points
- Time limit
- Prizes



Challenges

High	Activity 3: _____	Activity 4: _____
Low	Activity 1: _____	Activity 2: _____
	Low	High
	Skills	

The 6 *FLOW* catalysts

Clarity
Choice
Challenge
Commitment
Certainty
Centeredness

Quotes from People in Flow

“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

“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

“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)

“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