

Flow The Psychology Of Optimal Experience Oregon

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A Tri-Dimensional Model of Mental Health - Stephen J. Costello
2022-09-06

This work is an ambitious, original, and searching study as to what constitutes and comprises 'mental health'. It advances the proposition that existential or holistic health depends on integral wholeness, the synthesis of body, mind, and heart. As such, a tri-dimensional model is proposed based on the triadic self, rooted in philosophical perspectives on the subject, arguing throughout that the human person is a unity-in-diversity, that one is always whole and well in one's Self (essence), which must be distinguished from the ego (personality). The importance and relevance of the Enneagram as a foundational system for understanding human personality is referenced throughout. The various strands and thought-threads in the book coalesce around the central doctrine of nonduality exemplified by mystical Christianity and the philosophia perennis.

HCI International 2011 Posters' Extended Abstracts - Constantine Stephanidis 2011-06-27

This two-volume set CCIS 173 and CCIS 174 constitutes the extended abstracts of the posters presented during the 14th International Conference on Human-Computer Interaction, HCII 2011, held in Orlando, FL, USA in July 2011, jointly with 12 other thematically similar conferences. A total of 4039 contributions was submitted to HCII 2011,

of which 232 poster papers were carefully reviewed and selected for presentation as extended abstracts in the two volumes.

Playing Video Games - Peter Vorderer 2012-10-12

From security training simulations to war games to role-playing games, to sports games to gambling, playing video games has become a social phenomena, and the increasing number of players that cross gender, culture, and age is on a dramatic upward trajectory. *Playing Video Games: Motives, Responses, and Consequences* integrates communication, psychology, and technology to examine the psychological and mediated aspects of playing video games. It is the first volume to delve deeply into these aspects of computer game play. It fits squarely into the media psychology arm of entertainment studies, the next big wave in media studies. The book targets one of the most popular and pervasive media in modern times, and it will serve to define the area of study and provide a theoretical spine for future research. This unique and timely volume will appeal to scholars, researchers, and graduate students in media studies and mass communication, psychology, and marketing.

Flow Experience - László Harmat 2016-05-15

This volume provides updates and informs the reader about the development of the current empirical research on the flow experience. It opens up some new research questions at the frontiers of the field. The

book offers an overview on the latest findings in flow research in several fields such as social psychology, neuropsychology, performing arts and sport, education, work and everyday experiences. It integrates the latest knowledge on experimental studies of optimal experience with the theoretical foundation of psychological flow that was laid down in the last decades.

Sport Tourism Destinations - James Higham 2007-03-30

Few forces in contemporary society influence the fortunes of tourism destinations more immediately than sport. From football fans to kayaking, *Sport Tourism Destinations: issues, opportunities and analysis* examines the planning, development and management of sport tourism destinations. With contributions from international experts, this book looks at the dramatic effects sports tourism has on the economy and future of tourism destinations. Divided into four parts, the book systematically covers: Sports tourism destination analysis: applies principles of destination resource analysis to the study of sport tourism destinations Destination planning and development: illustrates the mutually beneficial links between sport, tourism and destination planning. Destination marketing and management: explores theoretical and applied aspects of sport tourism destination marketing and management Sport tourism impacts and environments: identifies and discusses critical issues of sustainable development at sport tourism destinations Practical case studies in each chapter illustrate and highlight the links between sport tourism theory and practice, making this book a vital resource for lecturers and students alike.

RTI: The Classroom Connection for Literacy - Karen A. Kemp 2008

To assist teachers in implementing Response To Intervention (RTI), this book will link instructional techniques to assessment, ensuring that data truly informs instruction. This comprehensive resource will provide research-based interventions for each of the five components of reading identified by the National Reading Panel, as well as the important issue of motivation. Thought provoking questions about student learning will guide the teacher to the appropriate intervention, while step by step procedures for implementation of each technique, along with measures

to monitor students' progress are what makes this book a "must have" for every classroom. Reproducible forms allow for easy management and data collection.

Encyclopedia of Information Communication Technologies and Adult Education Integration - Wang, Victor X. 2010-08-31

"The book provides comprehensive coverage and definitions of the most important issues, concepts, trends and theories in adult education, adult ESL (English as a Second Language) and information communication technologies, offering an in-depth description of key terms and theories/concepts related to different areas, issues and trends in adult education worldwide"--Provided by publisher.

Social Media for Government Services - Surya Nepal 2015-12-31

This book highlights state-of-the-art research, development and implementation efforts concerning social media in government services, bringing together researchers and practitioners in a number of case studies. It elucidates a number of significant challenges associated with social media specific to government services, such as: benefits and methods of assessing; usability and suitability of tools, technologies and platforms; governance policies and frameworks; opportunities for new services; integrating social media with organisational business processes; and specific case studies. The book also highlights the range of uses and applications of social media in the government domain, at both local and federal levels. As such, it offers a valuable resource for a broad readership including academic researchers, practitioners in the IT industry, developers, and government policy- and decision-makers.

Handbook of Research on the Education of Young Children - Bernard Spodek 2014-01-27

The *Handbook of Research on the Education of Young Children*, Second Edition is an essential reference on research in early childhood education not only in the United States but throughout the world. It provides a comprehensive overview of important contemporary issues and the information necessary to make judgments about these issues. The field has changed significantly since the publication of the first edition of this Handbook in 1993, creating a need for an update. The Handbook of

Research on the Education of Young Children, Second Edition is thus focused on research conducted over the past decade or so. The volume is organized in four parts: *Early Childhood Education and Child Development. New in this edition: moral development; the development of creativity. *Early Childhood Educational Curriculum. New in this edition: movement or dance education; the education of linguistically and culturally diverse children. *Foundations of Early Childhood Educational Policy. New in this edition: childhood poverty; the education of bilingual children. *Research and Evaluation Strategies for Early Childhood Education. New in this edition: doing historical research in early childhood education; postmodern and feminist orientations. The Handbook of Research on the Education of Young Children, Second Edition makes the expanding knowledge base related to early childhood education readily available and accessible. It is a valuable tool for all who work and study in the field.

Praxial Music Education - David J Elliot 2009-01-06

Praxial Music Education is a collection of essays by nineteen internationally recognized scholars in music education. Each essay offers critical reflections on a key topic in contemporary music education. The starting point of each essay, and the unifying thread of this collection, is the "praxial" philosophy of music education explained in Elliott's Music Matters: A New Philosophy of Music Education (OUP, 1995). This philosophy argues for a socially and artistically grounded concept of music and music education, challenging the field's traditional "absolutist" foundations. Praxial Music Education is both a critical companion to Music Matters, and an independent text on contemporary issues in music education. Among the themes discussed are multicultural music education, the nature of musical understanding, early childhood music education, the nature and teaching of music listening, music curriculum development, and musical creativity. Praxial music education is a living theory. This unique collection will not only enrich discussions that already use Music Matters as their core, but will globalize current discussions and applications of the praxial philosophy and emphasize the positive and practical values of collaborative efforts in music education.

General Technical Report NRS-P - 2006

Experience with Technology - Ali al-Azzawi 2013-09-16

With a focus on gaining an empirically derived understanding of the underlying psychological dimensions and processes behind people's experiences with technology, this book contributes to the debate of user experience (UX) within several disciplines, including HCI, design and marketing. It analyses UX dynamics at various time scales, and explores the very nature of time and meaning in the context of UX. Experience with Technology uses personal construct theory (PCT) as a theoretical and methodological starting point to this project. Major case-studies are described that examine people's experiences with mobile media devices. The results show a group of super-ordinate constructs that, upon interaction, undergo a change in the way they vary and relate to each other, as well as the development of a high reliability UX-Scale. The book concludes by proposing the ICE (Interaction, Construction, and Evaluation) model of UX that consolidates its findings into a workable framework of UX. The proposed framework will be of particular use to designers and practitioners, and forms an empirically grounded starting point for further research.

Proceedings of the 2006 Northeastern Recreation Research Symposium - 2007

Creativity Under Duress in Education? - Carol A. Mullen 2018-11-09

Creativity Under Duress in Education? introduces a new framework—creativity under duress in education. Leading creativity researchers and educational scholars discuss creative theory and practice from an educational lens that is provocative. Across international contexts, this book combines insights from creativity and educational research; rich illustrations from classrooms, schools, and other professional settings, and practical ideas and strategies for how anyone invested in education can support creative teaching and learning. Readers will encounter diverse perspectives from an international cast of authors exploring cutting-edge ideas for creativity and innovation as a

foremost priority for economies in the new millennium. At the same time, they consider forces of authority, control, and constraint that impact creative education and innovation within educational systems, extending to the professions. Educators and those interested in the future of education are vitally important to this conversation around research-based and practical analyses of creativity in and beyond the classroom. Addressed are these major issues: (1) creativity frameworks of theory and action in education, (2) research investigations into creativity and education, and (3) applications of creativity theory in real-world practice. Dynamic, this book presents a bridge between draconian contexts of assessment and explosive creativity in diverse places. A key contribution of the volume is its validation and promotion of creativity and innovation for students, teachers, professors, leaders, employers, policymakers, and others seeking ways to profoundly improve learning and transform education. In tackling the seemingly irreconcilable issues of creativity and accountability in K-12 institutions, higher education, and policy circles, worldwide, this work offers a message that is both cautionary and inspiring. Book editor Carol A. Mullen, PhD, is Professor of Educational Leadership at Virginia Tech, Virginia, USA. A twice-awarded Fulbright Scholar to China (2015) and Canada (2017), she was honored with the 2016 Jay D. Scribner Mentoring Award from the University Council for Educational Administration. She is author of *Creativity and Education in China* (2017) and co-editor of *Education policy perils* (2016).

The Roots of Educational Change - Ann Lieberman 2007-12-29

ANDY HARGREAVES Department of Teacher Education, Curriculum and Instruction Lynch School of Education, Boston College, MA, U.S.A. ANN LIEBERMAN Carnegie Foundation for the Advancement of Teaching, Stanford, CA, U.S.A. MICHAEL FULLAN Ontario Institute for Studies in Education, University of Toronto, Canada DAVID HOPKINS Department for Education and Skills, London, U.K. This set of four volumes on Educational Change brings together evidence and insights on educational change issues from leading writers and researchers in the field from across the world. Many of these writers, whose chapters have

been specially written for these books, have been investigating, helping initiate and implementing educational change, for most or all of their lengthy careers. Others are working on the cutting edge of theory and practice in educational change, taking the field in new or even more challenging directions. And some are more skeptical about the literature of educational change and the assumptions on which it rests. They help us to approach projects of understanding or initiating educational change more deeply, reflectively and realistically. Educational change and reform have rarely had so much prominence within public policy, in so many different places. Educational change is ubiquitous. It figures large in Presidential and Prime Ministerial speeches. It is at or near the top of many National policy agendas. Everywhere, educational change is not only a policy priority but also major public news. Yet action to bring about educational change usually exceeds people's understanding of how to do so effectively.

Quality of Life for People with Disabilities - Roy I. Brown 1997

Interest in quality of life has increased considerably over recent years and is now making considerable impact amongst all practitioners concerned with people with disabilities. This book looks critically at the concepts, assessment and practice as they relate to quality of life issues in many fields of disability. The issues for professional training and practice are evaluated and the benefits of involvement in creative activities are examined. Vocational, social and leisure implications for quality of life considerations are also explored in a number of chapters. Case studies and examples are used throughout the book to make this edition accessible and of real practical use to all those working with people with disabilities.

Using Games and Simulations for Teaching and Assessment -

Harold F. O'Neil 2016-03-31

Using Games and Simulations for Teaching and Assessment: Key Issues comprises a multidisciplinary investigation into the issues that arise when using games and simulations for educational purposes. Using both theoretical and empirical analyses, this collection examines cognitive, motivational, and psychometric issues with a focus on STEM content.

Unlike other research-based volumes that focus solely on game design or the theoretical basis behind gaming, this book unites previously disparate communities of researchers—from civilian to military contexts as well as multiple disciplines—to critically explore current problems and illustrate how instructionally effective games and simulations should be planned and evaluated. While computer-based simulations and games have the potential to improve the quality of education and training, *Using Games and Simulations for Teaching and Assessment: Key Issues* shows how the science of learning should underlie the use of such technologies. Through a wide-ranging yet detailed examination, chapter authors provide suggestions for designing and developing games, simulations, and intelligent tutoring systems that are scientifically-based, outcomes-driven, and cost-conscious.

Music at Hand - Jonathan De Souza 2017-03-06

From prehistoric bone flutes to pipe organs to digital synthesizers, instruments have been important to musical cultures around the world. Yet, how do instruments affect musical organization? And how might they influence players' bodies and minds? *Music at Hand* explores these questions with a distinctive blend of music theory, psychology, and philosophy. Practicing an instrument, of course, builds bodily habits and skills. But it also develops connections between auditory and motor regions in a player's brain. These multi-sensory links are grounded in particular instrumental interfaces. They reflect the ways that an instrument converts action into sound, and the ways that it coordinates physical and tonal space. Ultimately, these connections can shape listening, improvisation, or composition. This means that pianos, guitars, horns, and bells are not simply tools for making notes. Such technologies, as creative prostheses, also open up possibilities for musical action, perception, and cognition. Throughout the book, author Jonathan De Souza examines diverse musical case studies—from Beethoven to blues harmonica, from Bach to electronic music—introducing novel methods for the analysis of body-instrument interaction. A companion website supports these analytical discussions with audiovisual examples, including motion-capture videos and

performances by the author. Written in lucid prose, *Music at Hand* offers substantive insights for music scholars, while remaining accessible to non-specialist readers. This wide-ranging book will engage music theorists and historians, ethnomusicologists, organologists, composers, and performers—but also psychologists, philosophers, media theorists, and anyone who is curious about how musical experience is embodied and conditioned by technology.

The Oxford Handbook of Critical Improvisation Studies - George Lewis 2016

V. 1. Cognitions -- v. 2. Critical theories

Images at Work - David Morgan 2018-01-02

Images can be studied in many ways—as symbols, displays of artistic genius, adjuncts to texts, or naturally occurring phenomena like reflections and dreams. Each of these approaches is justified by the nature of the image in question as well as the way viewers engage with it. But images are often something more when they perform in ways that exhibit a capacity to act independent of human will. Images come alive—they move us to action, calm us, reveal the power of the divine, change the world around us. In these instances, we need an alternative model for exploring what is at work, one that recognizes the presence of images as objects that act on us. Building on his previous innovative work in visual and religious studies, David Morgan creates a new framework for understanding how the human mind can be enchanted by images in *Images at Work*. In carefully crafted arguments, Morgan proposes that images are special kinds of objects, fashioned and recognized by human beings for their capacity to engage us. From there, he demonstrates that enchantment, as described, is not a violation of cosmic order, but a very natural way that the mind animates the world around it. His groundbreaking study outlines the deeply embodied process by which humans create culture by endowing places, things, and images with power and agency. These various agents—human and non-human, material, geographic, and spiritual—become nodes in the web of relationships, thus giving meaning to images and to human life. Marrying network theory with cutting-edge work in visual studies, and connecting

the visual and bodily technologies employed by the ancient Greeks and Romans to secular icons like Che Guevara, Abraham Lincoln, and Mao, *Images at Work* will be transformative for those curious about why images seem to have a power of us in ways we can't always describe. [Learning Network Services for Professional Development](#) - Rob Koper 2009-07-07

A "Learning Network" is a community of people who help each other to better understand and handle certain events and concepts in work or life. As a result - and sometimes also as an aim - participating in learning networks stimulates personal development, a better understanding of concepts and events, career development, and employability. "Learning Network Services" are Web services that are designed to facilitate the creation of distributed Learning Networks and to support the participants with various functions for knowledge exchange, social interaction, assessment and competence development in an effective way. The book presents state-of-the-art insights into the field of Learning Networks and Web-based services which can facilitate all kinds of processes within these networks.

Landscape Architecture Theory - Michael Murphy 2016-12-13

For decades, landscape architecture was driven solely by artistic sensibilities. But in these times of global change, the opportunity to reshape the world comes with a responsibility to consider how it can be resilient, fostering health and vitality for humans and nature. *Landscape Architecture Theory* re-examines the fundamentals of the field, offering a new approach to landscape design. Drawing on his extensive career in teaching and practice, Michael Murphy begins with an examination of influences on landscape architecture. He then delves into systems and procedural theory, while making connections to ecosystem and human factors, the design process, and more. He concludes by showing how a strong theoretical understanding can be applied to practical, every-day decision making and design work to create more holistic, sustainable, and creative landscapes.

Visitor Experience Design - Noel Scott 2017-08-18

Most discussion of visitor experiences uses a behavioural or managerial

approach where the way the visitor thinks is ignored - it's a black box. *Visitor Experience Design* is the first book of its kind to examine best practice in creating and delivering exciting and memorable travel and visitation experiences from a cognitive psychological perspective - it opens the black box. The chapters draw on recent findings from cognitive psychology, cognitive science and neuroscience to provide a basis for a better understanding of the antecedents of a memorable experience. Tourism, hospitality and event managers seek to provide WOW experiences to their visitors through better design and management. This book encourages the discussion of different facets of experience design such as emotions, attentions, sensations, learning, the process of co-creation and experiential stimuli design. It will be of interest to tourism researchers and postgraduate students studying tourism management, marketing and product design.

Runner's World Train Smart, Run Forever - Bill Pierce 2017-04-04

From the experts at the Furman Institute of Running and Scientific Training (FIRST), *Runner's World Train Smart, Run Forever* goes beyond traditional training programs and addresses the issues that prevent runners from reaching their full potential. This book will teach you how to become a fit, fast, and healthy lifelong runner by following the authors' innovative 7-hour workout week. In this new approach, Bill Pierce and Scott Murr show how overall fitness and total body health are the secret to longevity as a runner. *Runner's World Train Smart, Run Forever* is appropriate for all runners, but is especially helpful if you're frustrated by injuries or looking to maintain your healthy lifestyle as you age. This book addresses the controversies surrounding the dangers of overtraining and the stress associated with the constant craving for faster race times. Complete with a comprehensive program to enhance overall fitness, improve race times, and support healthy aging, this book will show you how to achieve your fitness goals at any stage.

Affect and Legal Education - Caroline Maughan 2016-03-23

The place of emotion in legal education is rarely discussed or analysed, and we do not have to seek far for the reasons. The difficulty of interdisciplinary research, the technicisation of legal education itself, the

view that affect is irrational and antithetical to core western ideals of rationality - all this has made the subject of emotion in legal education invisible. Yet the educational literature on emotion proves how essential it is to student learning and to the professional lives of teachers. This text, the first full-length book study of the subject, seeks to make emotion a central topic of research for legal educators, and restore the power of emotion in our teaching and learning. Part 1 focuses on the contribution that neuroscience can make to legal learning, a theme that is carried through other chapters in the book. Part 2 explores the role of emotion in the working lives of academics and clinical staff, while Part 3 analyses the ways in which emotion can be used in learning and teaching. The book, interdisciplinary and wide-ranging in its reference, breaks new ground in its analysis of the educational lifeworld of situations, communities, actors and interactions in legal education.

[Find Your Sweet Spot](#) - Karen Elizaga 2013-12-23

This smart, stylish motivational guide helps readers discover their dreams and true potential via an action plan based on the coaching strategies of an executive coach. Finding one's "sweet spot" means digging deep for new levels of self-understanding and re-prioritizing one's life to align with one's inner excellence. Written to make readers feel they have access to their own personal coach, the book leads them through a series of inspiring stories, practical steps, and "sweet spot checks" designed to spur personal and professional growth. Find Your Sweet Spot consists of four parts--The Sweet Spot Strategy, The Sweet Spot Inside, The Sweet Spot Outside, Integrate Your Sweet Spot--and offers practical tips and exercises that explore everything from self-love to the power of gratitude and a productive mindset. Find Your Sweet Spot is geared for modern adults who find themselves yearning for more in their daily lives. As a chic, jet-setting businesswoman with many high-powered clients, Karen Elizaga boasts a distinctly modern edge among self-help authors.

Optimal Experience - Mihaly Csikszentmihalyi 1992-07-31

What constitutes enjoyment of life? Optimal Experience offers a comprehensive survey of theoretical and empirical investigations of the

'flow' experience, a desirable or optimal state of consciousness that enhances a person's psychic state. The authors show the diverse contexts and circumstances in which flow is reported in different cultures, and describe its positive emotional impacts. They reflect on ways in which the ability to experience flow affects work satisfaction, academic success, and the overall quality of life

Technology for Creativity and Innovation: Tools, Techniques and Applications - Mesquita, Anabela 2011-03-31

"This book provides empirical research findings and best practices on creativity and innovation in business, organizational, and social environments"--Provided by publisher.

The Power of Positive Parenting - Matthew R. Sanders 2017-11-20
Safe, nurturing, and positive parent-child interactions lay the foundations for healthy child development. How children are raised in their early years and beyond affects many different aspects of their lives, including brain development, language, social skills, emotional regulation, mental and physical health, health risk behavior, and the capacity to cope with a spectrum of major life events. As such, parenting is the most important potentially modifiable target of preventive intervention. The Power of Positive Parenting provides an in-depth description of "Triple P," one of the most extensively studied parenting programs in the world, backed by more than 30 years of ongoing research. Triple P has its origins in social learning theory and the principles of behavior, cognitive, and affective change, and its aim is to prevent severe behavioral, emotional, and developmental problems in children and adolescents by enhancing the knowledge, skills, and confidence of parents. Triple P incorporates five levels of intervention on a tiered continuum of increasing strength for parents of children from birth to age 16. The programs comprising the Triple P system are designed to create a family-friendly environment that better supports parents, with a range of programs tailored to their differing needs. This volume draws on the editors' experience of developing Triple P, and chapters address every aspect of the system, as well as how it can be applied to a diverse range of child and parent problems in different age groups and cultural contexts.

Leading with Wisdom - Jann Freed 2013-08-01

Inspire others to achieve high performance! Jann Freed takes the advice of more than 100 respected leaders and distills it into eight practices that underpin what it means to be a connected, engaged, and successful leader. She captures the insights of heavyweights such as Warren Bennis, Peter Senge, Stephen Covey, Marshall Goldsmith, Peter Block, and Margaret Wheatley, to present what works and what doesn't. • Use the workshop and personal development suggestions to apply the eight practices into your daily life. • Learn from the words and personal stories of highly respected leaders. • Integrate the best of yourself and your life into your daily tasks and roles.

Stumbling on Happiness - Daniel Gilbert 2009-02-24

A smart and funny book by a prominent Harvard psychologist, which uses groundbreaking research and (often hilarious) anecdotes to show us why we're so lousy at predicting what will make us happy – and what we can do about it. Most of us spend our lives steering ourselves toward the best of all possible futures, only to find that tomorrow rarely turns out as we had expected. Why? As Harvard psychologist Daniel Gilbert explains, when people try to imagine what the future will hold, they make some basic and consistent mistakes. Just as memory plays tricks on us when we try to look backward in time, so does imagination play tricks when we try to look forward. Using cutting-edge research, much of it original, Gilbert shakes, cajoles, persuades, tricks and jokes us into accepting the fact that happiness is not really what or where we thought it was. Among the unexpected questions he poses: Why are conjoined twins no less happy than the general population? When you go out to eat, is it better to order your favourite dish every time, or to try something new? If Ingrid Bergman hadn't gotten on the plane at the end of Casablanca, would she and Bogey have been better off? Smart, witty, accessible and laugh-out-loud funny, *Stumbling on Happiness* brilliantly describes all that science has to tell us about the uniquely human ability to envision the future, and how likely we are to enjoy it when we get there.

Design Thinking Research - Christoph Meinel

The practice of design thinking has become widespread over the last

several years, and an increasing number of individuals and institutions have come to recognize its innovative power. However, its success story has also meant that the term has evolved into something of an overused, or even misused, buzzword. The demand for an in-depth, evidence-based understanding of the way design thinking works has grown accordingly. This challenge is addressed by the Hasso Plattner Design Thinking Research Program. Summarizing the outcomes of the research program's 12th year, this book presents a broad range of scientific insights gained by researchers at the Hasso Plattner Institutes in Potsdam, Germany and Stanford University in California, in the course of their investigations, experiments and studies. Special focus is placed on the impact, accessibility and measurability of design thinking. The contributing authors seek to establish common ground, conduct modelling, and develop essential toolkits. The expanding field of neurodesign is also addressed in contributions that explore the neural basis for creativity and nonverbal actions. The results of this rigorous academic research are not meant to be discussed exclusively within the scientific community: they will hopefully find their way to those who seek to promote innovation through collaboration, be it at businesses or in society.

Entrepreneurship - Maria Minniti 2006

A landmark collection of original essays that explore the dynamics of entrepreneurship in the U.S. and around the world--from the "mindset" of the entrepreneur to the challenges of establishing and sustaining new ventures to the institutions and technologies that support new business creation

STEM the Tide - David E. Drew 2015-05

Proven strategies for reforming STEM education in America's schools, colleges, and universities. One study after another shows American students ranking behind their international counterparts in the STEM fields—science, technology, engineering, and math. Businesspeople and cultural critics such as Bill Gates warn that this alarming situation puts the United States at a serious disadvantage in the high-tech global marketplace of the twenty-first century, and President Obama places improvement in these areas at the center of his educational reform. What

can be done to reverse this poor performance and to unleash America's wasted talent? David E. Drew has good news—and the tools America needs to keep competitive. Drawing on both academic literature and his own rich experience, Drew identifies proven strategies for reforming America's schools, colleges, and universities, and his comprehensive review of STEM education in the United States offers a positive blueprint for the future. These research-based strategies include creative and successful methods for building strong programs in science and mathematics education and show how the achievement gap between majority and minority students can be closed. A crucial measure, he argues, is recruiting, educating, supporting, and respecting America's teachers. Accessible, engaging, and hard hitting, *STEM the Tide* is a clarion call to policymakers, administrators, educators, and everyone else concerned about students' participation in the STEM fields and America's competitive global position.

The One Who Is Not Busy - Darlene Cohen 2009-09

The intense pressure of daily life gets to everyone eventually—we are all just too stressed out. The demands of modern lives—job, relationships, children, housework, exercise, meals, even spiritual fulfillment—combine to overwhelm and weigh us down. We seem to get through this struggle day by day, week by week, praying that we have the fortitude to survive until the next weekend, the next vacation, when we can totally crash. Along with the daily stress comes the edgy realization that despite all the effort we've made, we still don't have what we want. Even when everything seems caught up, contentment still eludes us. Author Darlene Cohen seeks to rejuvenate the weary professional, busy parent, and harried student by offering a path on which to walk away from exhausted frustration toward a holistic approach to time management. *The One Who Is Not Busy* introduces two fundamental and specific skills to make this happen: the ability to narrow or widen the mind's focus at will the mental flexibility to shift the mind's focus at will from one thing to another: to go from "narrow" to "narrow" to "narrow" Sound impossible? This is the notion of simultaneous inclusion. In *The One Who Is Not Busy*, Cohen illustrates that a person could be both busy and not busy at the

same time by following six busy professionals through this unique process. Cohen affirms that it is learning to be simultaneously "busy" and "not busy" by living the principles of simultaneous inclusion that will allow us to experience work—and the rest of our lives—in a deeply meaningful way. In a culture that rewards only the final product, many professionals find themselves always looking to the next project, the next reward, the next vacation. Learn how to focus on the present, and stop missing what is right in front of you. Darlene Cohen, M.A., LMT, earned her graduate degree in physiological psychology and spent the majority of her Zen training—thirty years—as a laywoman. After developing rheumatoid arthritis, she became a movement teacher for people with joint restrictions, and was then certified as a massage and movement teacher. Currently, she sees clients and gives workshops, classes, lectures, and seminars that emphasize mindfulness, at various medical and meditation centers throughout the San Francisco Bay Area, Washington State, Illinois, and New York City.

Transported to Another World - Stephen Reysen 2021-04-19

Anime/manga (Japanese animation and comics) have been increasing in popularity worldwide for decades. But despite being a global phenomenon, there's been surprisingly little psychological research formally studying its devoted fanbase. In this book we aim to do just that with an overview of nearly a decade of research by fan psychologists. Otaku and cosplayers, genre preferences, hentai, parasocial connections, motivation, personality, fandom and stigma, and well-being – this book looks at all of these topics through a psychological lens. Many of these findings are being presented for the first time, without the jargon and messy statistical analyses, but in plain language so it's accessible to all readers – fans and curious observers alike!

Reading Shaver's Creek - Ian Marshall 2018-02-09

What does it mean to know a place? What might we learn about the world by returning to the same place year after year? What would a long-term record of such visits tell us about change and permanence and our place in the natural world? This collection explores these and related questions through a series of reflective essays and poems on

Pennsylvania's Shaver's Creek landscape from the past decade. Collected as part of The Ecological Reflections Project—a century-long effort to observe and document changes to the natural world in the central Pennsylvanian portion of the Appalachian Forest—these pieces show how knowledge of a place comes from the information and perceptions we gather from different perspectives over time. They include Marcia Bonta's keen observations about how humans knowingly and unknowingly affect the landscape; Scott Weidensaul's view of the forest as a battlefield; and Katie Fallon describing the sounds of human and nonhuman life along a trail. Together, these selections create a place-based portrait of a vivid ecosystem during the first decade of the twenty-first century. Featuring contributions by nationally known nature writers and local experts, Reading Shaver's Creek is a unique, complex depiction of the central Pennsylvania landscape and its ecology. We know the land and creatures of places such as Shaver's Creek are bound to change throughout the century. This book is the first step to documenting how. In addition to the editor, contributors to this volume are Marcia Bonta, Michael P. Branch, Todd Davis, Katie Fallon, David Gessner, Hannah Inglesby, John Lane, Carolyn Mahan, Jacy Marshall-McKelvey, Steven Rubin, David Taylor, Julianne Lutz Warren, and Scott Weidensaul.

Understanding Psychological Preparation for Sport - Lew Hardy
2018-03-05

This book is designed to advance both theory and practice in the psychological preparation of high-level sports performers. The authors integrate the relevant qualitative and quantitative research literatures with practical knowledge gained via their own personal experience of working with elite athletes. Seven aspects of psychological preparation are considered: basic psychological skills; self-confidence; motivation; arousal and activation; stress and anxiety; concentration; and coping with adversity. Each discussion ends with a summary of the implications for future research and best practice. Elite performers from around the world share their techniques for mentally preparing for competition. The authors then explore the links between the practices that these athletes use and theories which underlie psychological preparation for

performance. This book develops a model of psychological preparation for elite sports performers incorporating two unique features: the research-to-practice orientation which is taken to preparation for high-level sports performance; and a global perspective using evidence derived from North American, European, Australian and other research literatures in both general and sport psychology. This is the first book of its kind and should be a valuable resource for sport psychologists, students and professionals with an interest in sport or high-level performance.

International Handbook of Educational Change - Andy Hargreaves
2014-11-14

The International Handbook of Educational Change is a state of the art collection of the most important ideas and evidence of educational change. The book brings together some of the most influential thinkers and writers on educational change. It deals with issues like educational innovation, reform, restructuring, culture-building, inspection, school-review, and change management. It asks why some people resist change and what their resistance means. It looks at how men and women, older teachers and younger teachers, experience change differently. It looks at the positive aspects of change but does not hesitate to raise uncomfortable questions about many aspects of educational change either. It looks critically and controversially at the social, economic, cultural and political forces that are driving educational change. School leaders, system administration, teacher leaders, consultants, facilitators, educational researchers, staff developers and change agents of all kinds will find this book an indispensable resource for guiding them to both classic and cutting-edge understandings of educational change, no other work provides as comprehensive coverage of the field of educational change.

The Magic of Art - Taylor Ellwood 2018-10-24

Learn how to combine sacred art with practical magic to get consistent results that transform your life. In The Magic of Art, Taylor Ellwood shares how art can become a potent magical tool in your spiritual practice. Best of all you don't need to be a talented artist to use art

magic. All you need to do is pick up the paint brush, pencil, clay, etc., and start creating art that allows you to embody your magic and generate real results that change your life. In this book you'll learn the following: What mediums of art you can use to create art magic How to use art to create magical entities How to create offerings with your art for the spirits you work with How to create enchantments with art How

to create art magic tools that allow you to work your magic effortlessly How to get results with your art magic that transforms your life. The Magic of Art will introduce a whole new set of techniques and tools to your magical practice that will enable you to get amazing results that change your life.