Curiosity and Flow

Two Positive Psychology Constructs that can Help You be a Better (and Happier) Teacher

Cindy Pury, Psychology
Curiosity
Todd Kashdan
Epistemic Curiosity
Epistemic Curiosity

• Show them gaps in knowledge
This woman. It’s going to turn out that she killed these people on a train because she was mad.
Epistemic Curiosity

• Show them gaps in knowledge
• No spoilers!
Epistemic Curiosity

• Show them gaps in knowledge
• No spoilers!
• The right amount of detail
Epistemic Curiosity

• Show them gaps in knowledge
• No spoilers!
• The right amount of detail
• I am smart -> YOU are smart
Epistemic Curiosity

- Show them gaps in knowledge
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- I am smart -> YOU are smart
- Lower the risk of being wrong (at first)
Example
How can clinicians be sure they agree on what diagnoses mean?

- Form expert committees based on publication and prominence in field
- Literature review by expert committees on particular broad area of diagnoses (e.g., depression)
- Develop a consensus-based set of diagnoses that are part of the larger group
- Develop a consensus-based lists of symptoms for each diagnosis in the larger group
- Content validity studies for each symptom as a contribution to the diagnosis
- Inter-rater reliability studies of the diagnosis in actual practice
How can clinicians be sure they agree on what diagnoses mean?

• Expert committees in various areas
• Literature review
• Set of diagnoses
• Sets of symptoms for each diagnosis
• Content validity
• Inter-rater reliability in actual practice
Epistemic Curiosity

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Mihaly Csikszentmihalyi
Autotelic Experience
Flow
Flow

• Clear goal
TRY AGAIN!
Flow

- Clear goal
- Immediate feedback
Flow

• Clear goal
• Immediate feedback
• Match challenge to skill level
Flow

Being completely absorbed in whatever you are doing

Activity-based
Flow

• Clear goal
• Immediate feedback
• Match challenge to skill level
• Help people lose track of time
Example
Flow

• Clear goal
• Immediate feedback
• Match challenge to skill level
• Help people lose track of time
Art Sturtevant’s comedy oath

Today, I will be funny.

Today, I will be interesting.
Epistemic Curiosity

- Clear goal
- Immediate feedback
- Match challenge to skill level
- Help people lose track of time

Flow

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