

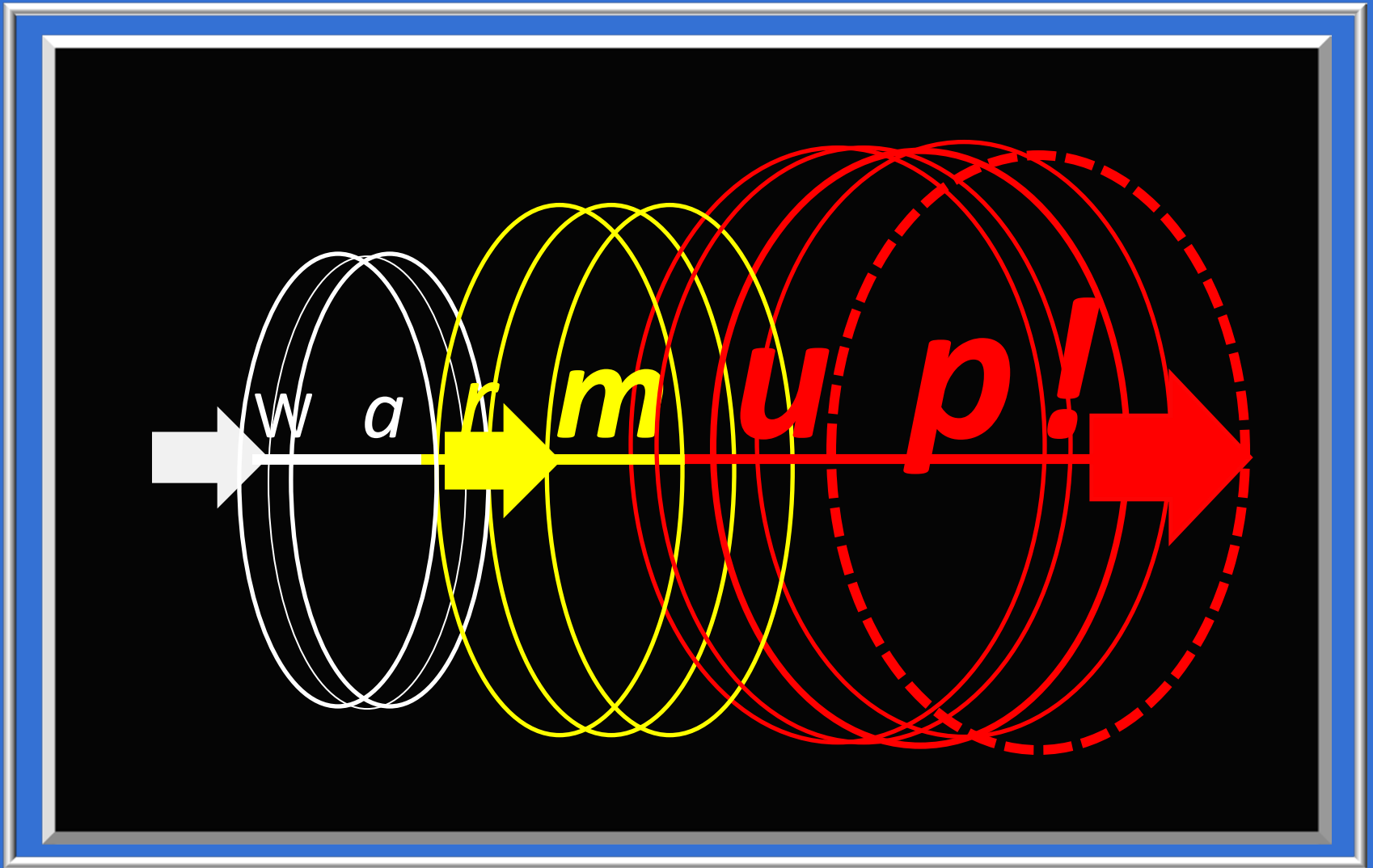


Computer Tech 2018

Northwest Florida State College

Niceville, Florida

Saturday, January 27, 2018



January 27, 2018

B e s t

Guesser _ _ _ ?

Take Out Your



Pencil and Notepaper.



Cellphone & Unlock,
Set Camera on Ready.

Meet Person Sitting Next to You!

3

One Minute Greeting

Find Out as Much as You Can!

**3**

OK! What did You Learn in **Three** Minutes?

**3**

- First and Last Name? (Wrote it Down?)
- Where they are from? USA or Canada
- First time at Computer Tech? _____
- Take Selfie?
- The Classes of Interest?
- Email Address?
- Member of local computer user group?
- Apple or Microsoft user?
- Favorite local restaurant.

Blue Moon January 31, 2018



July 20, 1969

**Read Page
In 2 Seconds
Without Turning
Head Upside**



**Registration
NOW OPEN**

**Registration
NOW OPEN**

**Registration
NOW OPEN**

**NORTHWEST FLORIDA
STATE COLLEGE**
CONTINUING EDUCATION



SPRING 2018
SCHEDULE OF
CLASSES

Motorcycle Safety

Fitness & Wellness

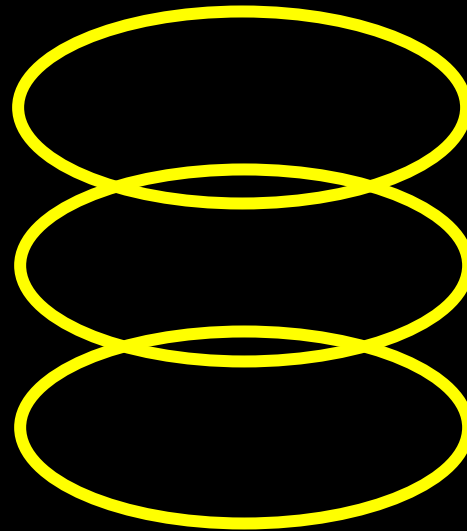
Personal Enrichment



% of Change Since 1978

Fill in Circles: 500%, 700%, 1,400%
or None of These %

- MEDICAL %.
- HOUSING %.
- EDUCATION %.



Correct Answers

1.  Education..... **+1,400%**

2.  Medical..... **+700%**

3.  Housing..... **+500%**

FSU \$23, 000 1 Yr.

Higher Education Disruption

- Harvard's Clay Christensen Father of the Theory of “Disruptive Innovation.”
“Technology enables new business models”

Prediction.

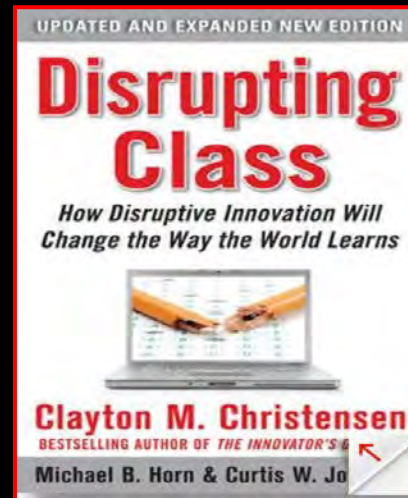
“Half of American Universities Close or go Bankrupt within 10-15 years.”

~~Disruption, Disruption, Disruption~~ →

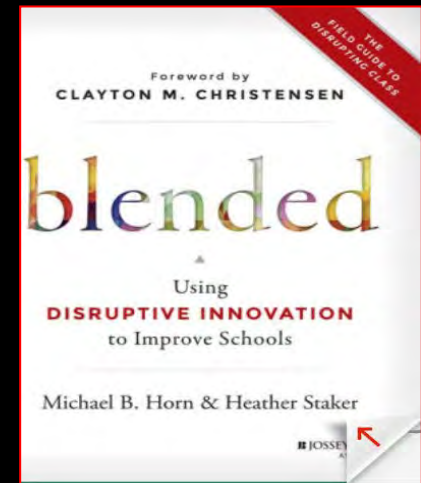
2005



2010



2014



most students

lose **f o c u s** at

15? 25? 45? 55?

Or None of the Above?

minutes

“take minimum 5 minute break”



Pomodoro 25



\$1.00 Walmart

Six Steps in Technique

- Decide task.
- Set Pomodoro Timer 25 minutes.
- Work until timer rings.
- After timer rings put a checkmark on paper.
- Fewer than four checkmarks take 3–5 minute break. (Use break to process new information.)
- After four Pomodoro's, take 15–30 minutes, and reset your checkmark.

Time Remaining



**Time
remaining in
the Pomodoro
devote to over
learning.**

Use Cellphone

Camera Take

Photos of

Interesting

PowerPoints!



Carl Lofstrom

850-586-0603

sandcloud@embarqmail.com

Professional



- ❑ Graduate of Florida State University. Post graduate work at Cornell University, University of Georgia, Texas A&M & Tulane University.
- ❑ Army & Air Force Exchange Service (AAFES) - 32 Years; West Germany, North Africa, Turkey, Texas, Okinawa/Japan, Florida, Georgia, South Korea & California.
- ❑ Continuing Education; Columbia UniversityX, UC San DiegoX & HarvardX and Computer Tech Seminars.

Activities

- ❑ President, South Walton Computer & Technology Club (SWCTC) since 1995.
- ❑ Computer Instructor NWFSC, PE.
- ❑ P/VP, NWFACUG Annual Computer Tech.
- ❑ President Beacons HOA.
- ❑ International Executive Service Corps
- ❑ Management Consultant.

Cats 6 + 1 = 7

Form Your Teams

Select your

Team Leader

- Pick your best answer to quiz.
- Team Leaders presents best answer.



University of California San Diego

Top Rated University in the USA

36,000 Student Body



Theodore Geisel (Dr. Seuss) Library



Learning How to Learn

Most Popular of all MOOCs.

“Massive Open Online Courses”

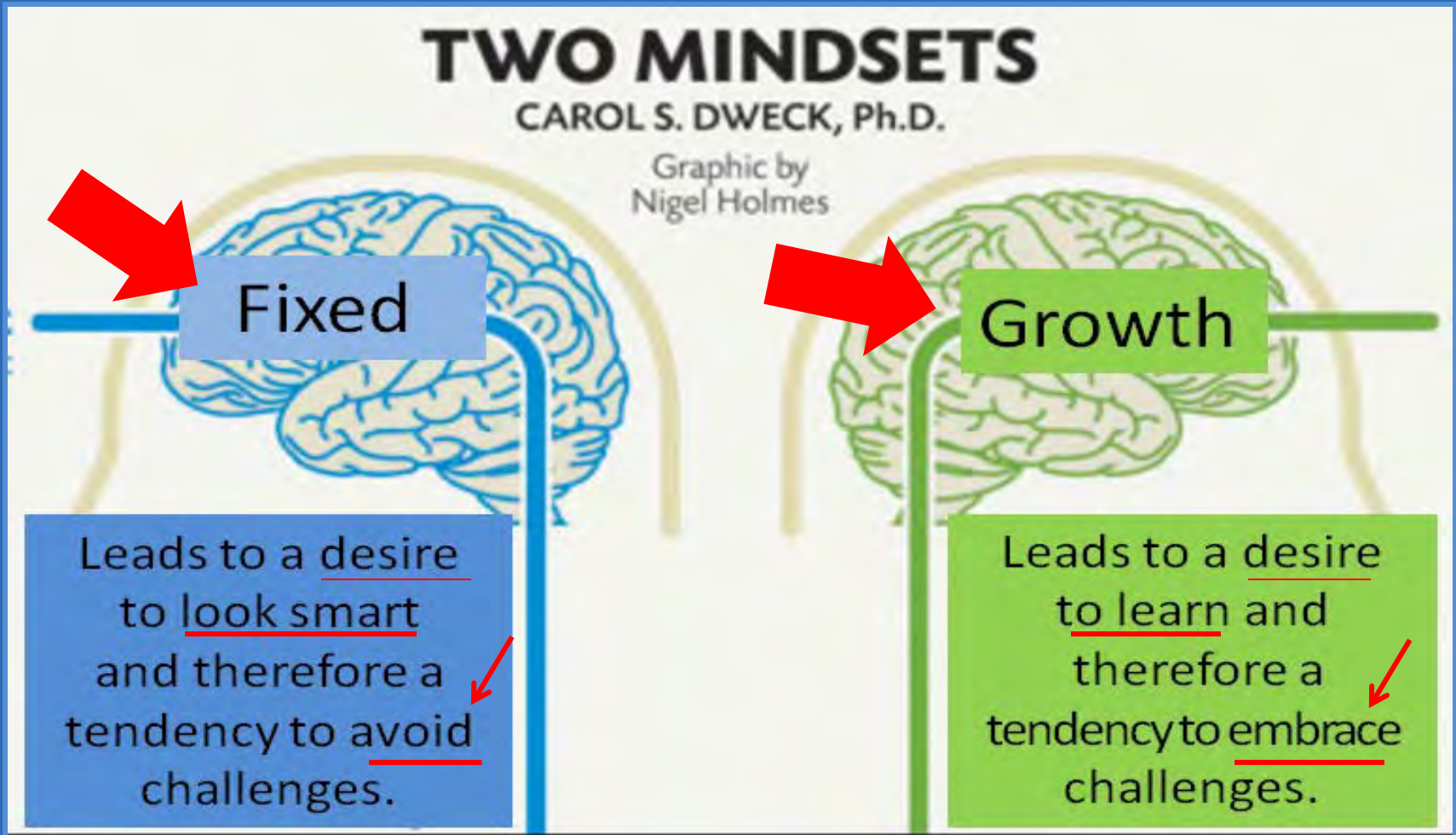
Learning How to Learn

Quiz: How Many Students Taken Course?

2,000 - 20,000 - 200,000 - 2,000,000?

None of the Above

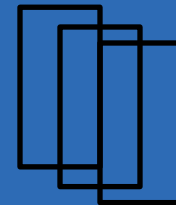
Which Mindset do You Have?





What is Learning?

- Learning is connecting new knowledge to previously existing knowledge.
- It's that simple and that complicated.



The Primary Way We Learn

- **We Learn from Feedback.**
- Usually this comes from making mistakes and errors.
- Seeing how our effort falls short or are misconstrued.
- Revising and trying again.



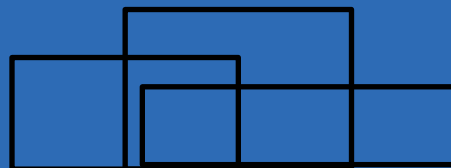


Short-Term Memory

- Our Immediate Consciousness.
- Where we do our thinking.
- Where we do our reasoning.
- Holds information (4 Chunks) for short-term.

Quiz: Usually for how many seconds?

8, 10, 15, 18, 20, 22, 25, 30, 35 or none?





Long Term Memory

- Short Term Memory acts like sticky note.
- Long-term memories made w/meaningful info.
- Repetition (Rehearsal.)
- Elaboration.
- Organizational Schemas (mental frameworks)
- Multiple modes. create stronger memories engaging visual, auditory, and kinesthetic senses (detects weight, body position.)
- Sleep & Breaks.

Neurons



- Basic working unit of the brain.
- Approximately **100 billion** (100,000,000,000)
- Transmit info to nerve cells, muscle, or gland cells.
- ***Neurons die out with normal aging?*** True or False?

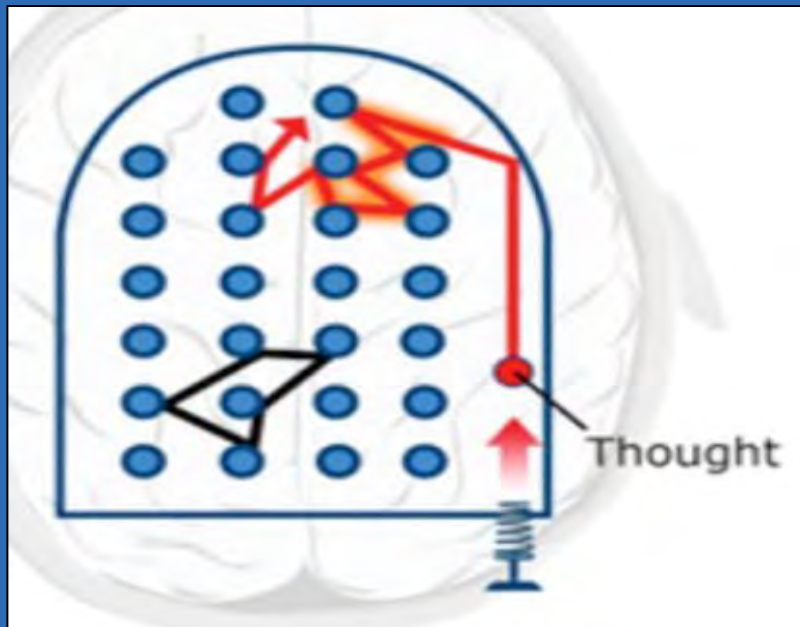
<http://www.brainfacts.org/>



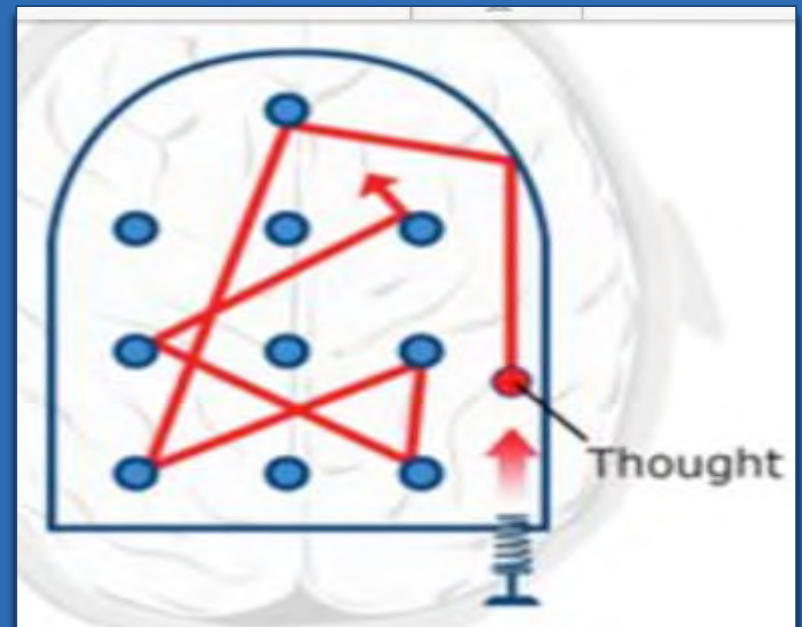
- Memory consolidation. (Not enough sleep = lost knowledge.)
- Strengthening neural connections that form memories.
- Clears brain of damaging molecules associated with neurodegeneration.
- Neurons in the *brain fire nearly as much* as they do during waking hours? **True or False?**

Modes of Thinking

Focused

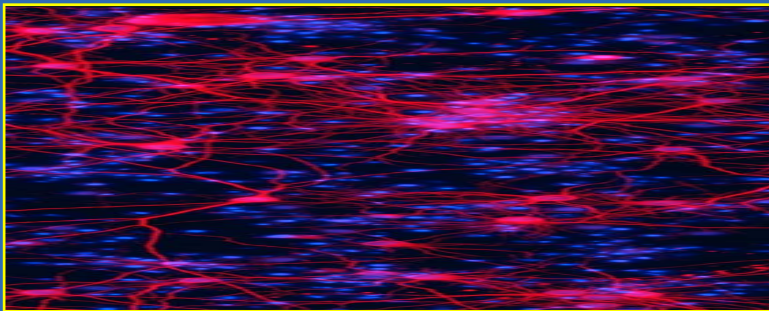


Diffuse



<https://www.youtube.com/watch?v=xwerGeaKfeg>

Neuroscientists Know



You are either in
Focused Mode

or

Diffuse Mode

of thinking!

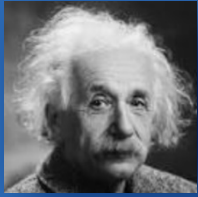
**True, False or
Maybe?**

Have What One Thing in Common?



- A. Power Napping?
- B. Same Birth Month?
- C. Left Handed?
- D. Great Cooks?
- E. None of the Above?

<https://www.youtube.com/watch?v=WSGbllclDeo>

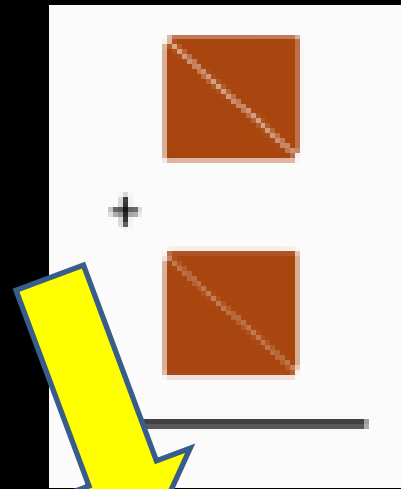


Albert Einstein's Secret Weapon

- Prop hand on elbow.
- Clutch a handful of ball-bearings.
- Drift off to sleep.
- Let subconscious mind take challenge of problem and provide a solution.
- Fall into a deep sleep, let hand drop ball-bearings and wake up again.
- Write down what was in mind.
Note: Highly potent for invention and creative mind prospecting.



Combine Two to Make a Square



Square ?

Answer



**T
r
y

T
h
i
s

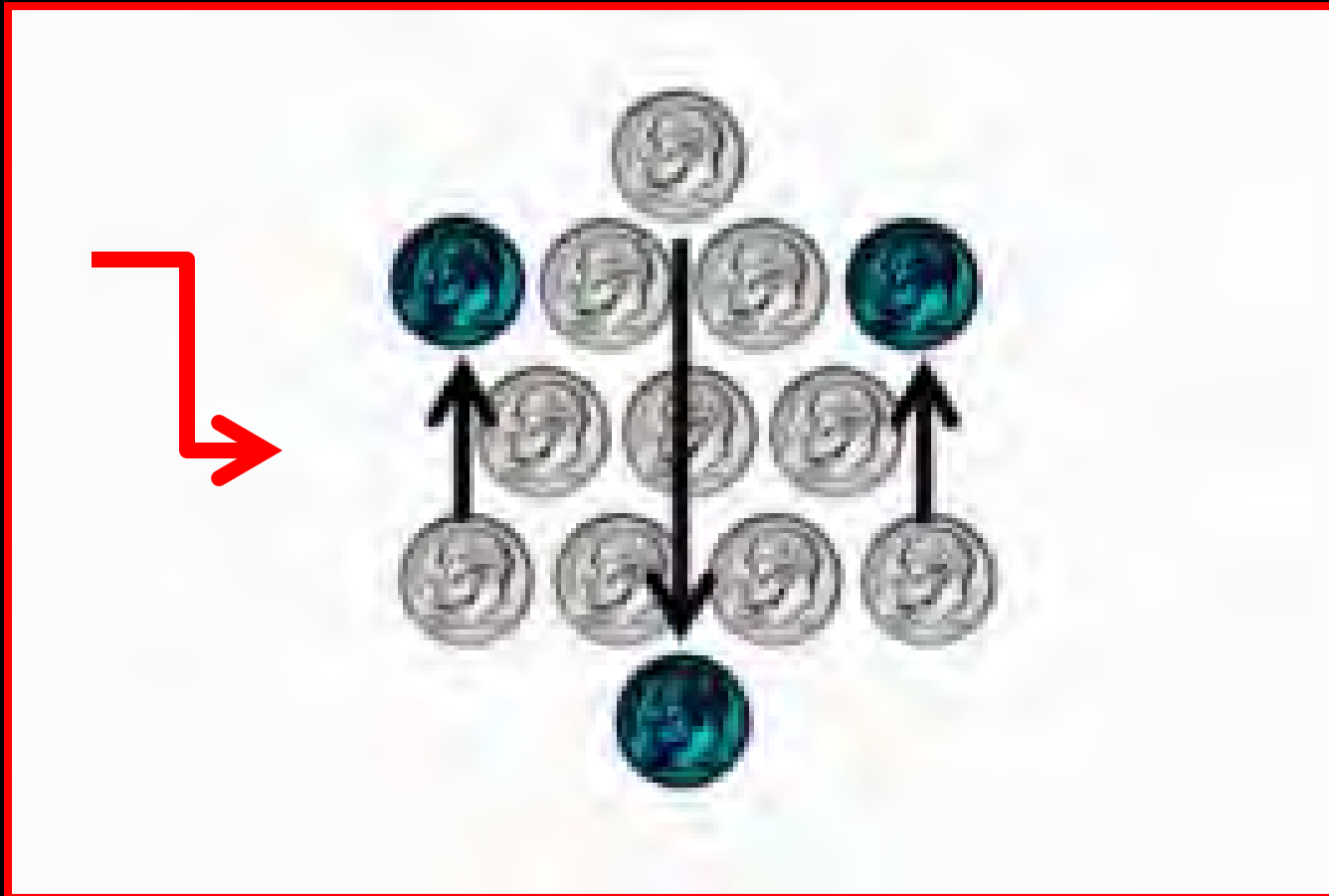
O
n
e**

There's a cognitive exercise that can help you feel the shift from focused to diffuse mode. See whether you can form a new triangle that points down by moving only three coins.

When you relax your mind, releasing your attention and focusing on nothing in particular, the solution can most easily come to you.



Answer





Q u e s t i o n

What do you do when
you **cannot** figure
something out?



Chunking

Process of taking individual pieces of information (chunks) and grouping them into larger units.

Unchunked	Chunked
Maine Oregon Nevada New York Washington California New Hampshire Virginia	East Coast Maine New York New Hampshire Virginia
	West Coast Washington Oregon California Nevada

Can You Chunk This?

081127882



Interleaving

- Extraordinarily important.
- Leaving the world of Practice and Repetition.
- To building flexibility and creativity.
- To thinking more independently.
- To interleaving between subjects.
- <https://www.youtube.com/watch?v=WbDpYMp8F6o>



Value of **Teamwork**

- Study with friends.
- Take a mental break.
- More easily catch mistakes.
- Revisit what you've done with others.
- Does it make sense or have errors.
- Explaining to friends builds your understanding.

Become A Better Learner



Aerobic?
Sitting?



Quiz: Which One?

None of the Above?

Two Ways to Solve Problem

Reasoning

*sequential

- Step by Step
- Towards Solution or

"Often you
have to rely on
intuition."

Bill Gates



INTUITION

- Most difficult problems and concepts will leap away from familiar.
- **Lady Luck** favors person trying.



Flashcards



Mistakes:

1. Not making your own cards.
2. Studying in a “Cram Session”
3. Practicing mindlessly.

Try These

Anki Software
Spaced Repetition

Hands-down

MOST

effective way

for motivated

learners to

study & retain

factual

knowledge.



Procrastination

- Pain associated with something not wanting to do. **T or F**
- Brain tries switching your attention to something else.
- The trick: **continue** and neuro-discomfort disappears quickly or use:

The Pomodoro Technique

Set timer & focus 25 minutes with no interruptions.



<https://www.youtube.com/watch?v=bDz7bUor51c>

Create a Study Area

environment highly affects the way you act

- Bedrooms are for sleeping, Kitchens for eating: you'll feel sleepy in your bedroom and hungry in the kitchen.
- Have a study area, easier to start studying and staying focused.
- Study in a specific room like an office or school library if you can.





New & Difficult Learning

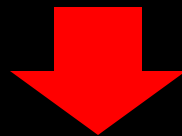
- Find Quiet Place with no Distractions. T or F?
- Go Back and Forth between Focused and Diffuse Modes.
- Avoid Cognitive Overload.
- Use **Spaced Practice** and **Interleaving**.
- Use Pomodoro Timer.
- Get a Nights Sleep.





Rules of Good Studying

1. **Use Recall** – look away – recall main ideas.
2. **Test Yourself** – Use Flashcards.
3. **Chunk your Problem.**
4. **Space your Repetition.**
5. **Alternate Problem Solving Techniques.**





Rules of Good Studying

6. Take Breaks.
7. Use Explanatory Questioning.
8. Focus – Turn **off** TV/Cell Phone.
9. **Hardest Things First.**
10. Make a Mental Contrast. (Picture)



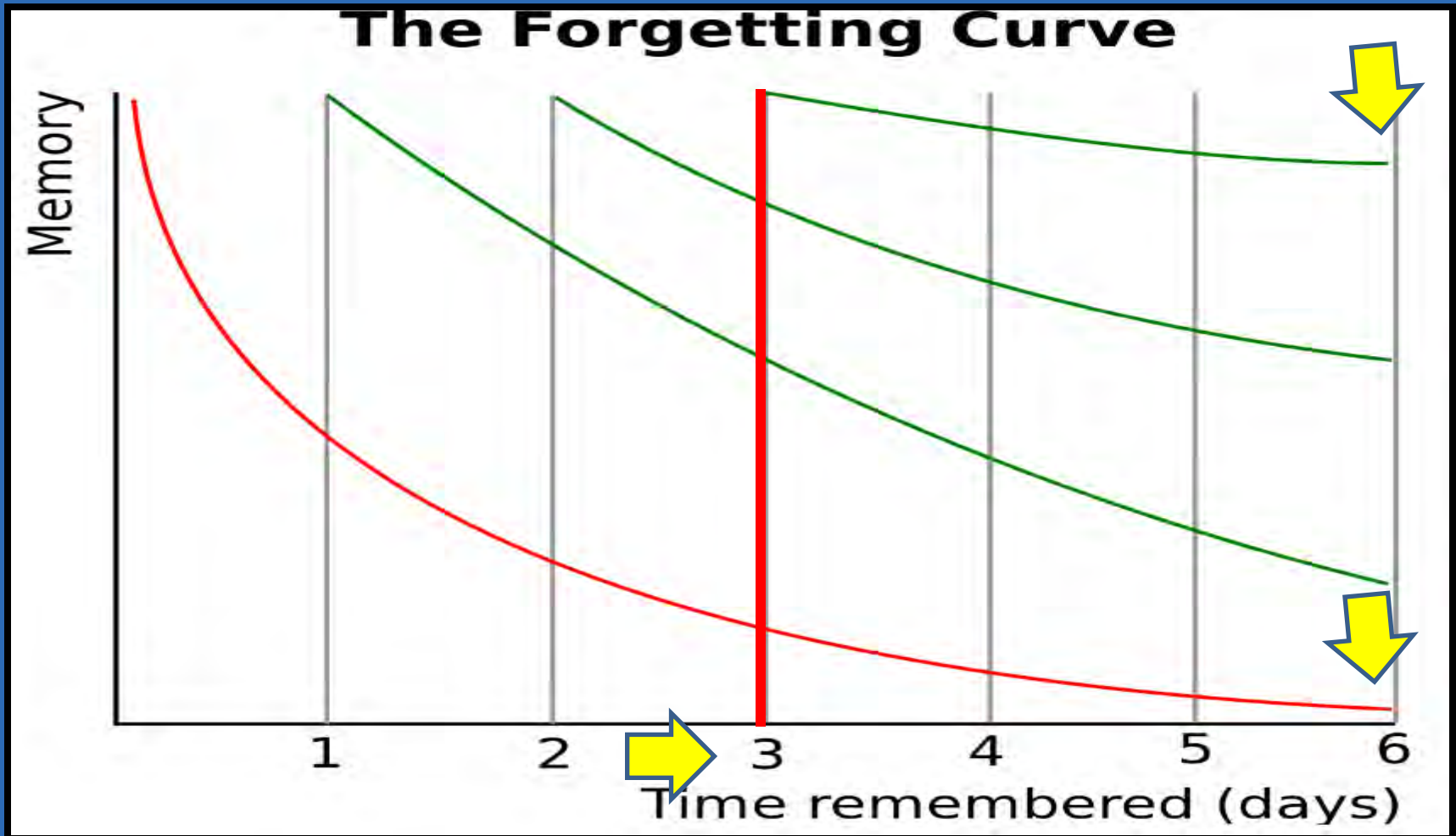
Practice Makes Permanent

1. Study the “something” hard by focusing intently.
2. **Take a break** or change your focus to give the brains Diffuse Mode an opportunity to work and build neural patterns.
3. Go over *each step in your mind* until you have it down cold.

Quiz: Cramming is the best method for learning?

True or False

Spaced — Practice





Quiz: True or False

1. Use of Hi-Liter can improve memory retention up to 50%? **T or F**
2. Research shows studying with background **music** is relaxing and helps the learning process? **T or F**
3. Playing **TV** in the background is OK? **T or F**
4. Sitting up in bed is best place to study. **T or F**
5. Cramming is the best method of study? **T or F**
6. Reading text over and over out loud is best method for retention? **T or F**

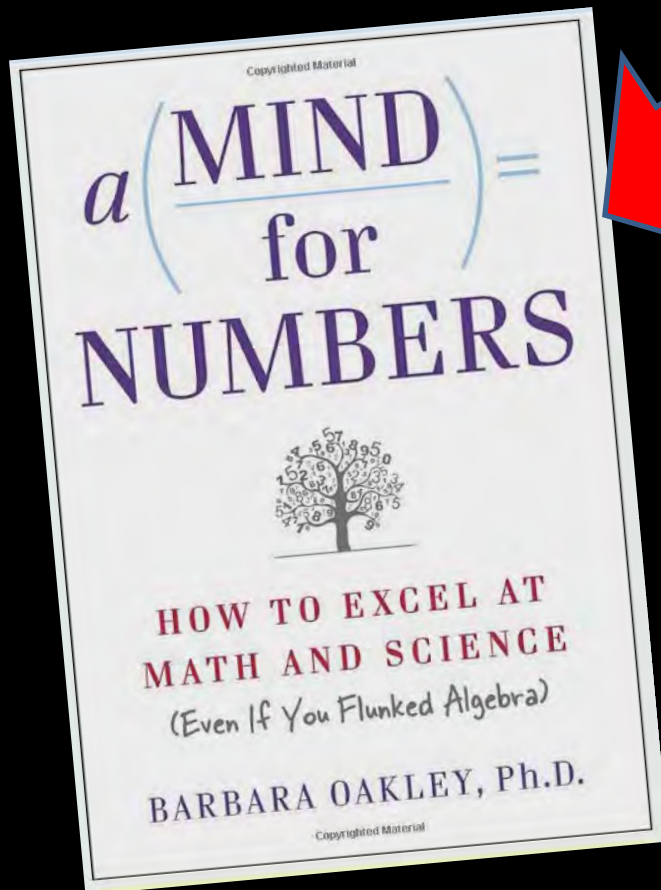


Recall Information

- Trying to simply recall information is a lot harder than rereading a text or looking at notes, but it's precisely that struggle to recall that improves our memory.
- Cramming, or massed practice, does work for creating long-term memories. **T or F**

a MIND for NUMBERS

Amazon Paperback \$11.99



4	Chunking and Avoiding Illusions of Competence: <i>The Keys to Becoming an "Equation Whisperer"</i>	51
5	<u>Preventing Procrastination:</u> <i>Enlisting Your Habits ("Zombies") as Helpers</i>	<u>83</u>
6	Zombies Everywhere: <i>Digging Deeper to Understand the Habit of Procrastination</i>	93
7	Chunking versus Choking: <i>How to Increase Your Expertise and Reduce Anxiety</i>	112
8	Tools, Tips, and Tricks	126
9	<u>Procrastination Zombie Wrap-Up</u>	<u>144</u>
10	Enhancing Your Memory	155
11	More Memory Tips	168

213 Pages

Students don't learn
everything that is taught to them!

Feedback

- That is why feedback provided through **assessments** (TESTS) is one of the most important elements of effective teaching.



“Take the Test”

Reading information aloud
to yourself results in the
best remembering?

True or False



Learning How to Learn:

“Powerful Mental Tools to Help
you Master Tough Subjects”

Dr. Terrence Sejnowski & Dr. Barbara Oakley

Started: **Jan 22, 2018**

3 - 4 Hours a Week - 4 Weeks Long

<https://www.coursera.org/learn/learning-how-to-learn>

Mindshift

Mindshift: Break Through
Obstacles to Learning and
Discover Your Hidden Potential

McMaster University

via Coursera

February 12, 2018

CLASS CENTRAL

Best Online Courses from Top Universities

<https://www.class-central.com/>



MOOC

[Harvard Open Courses](#) Under Open Learning Initiative (OLI), Harvard has launched a plethora of free courses to everyone around the world.

[Coursera](#) The most popular provider of massive open online courses globally.

[edX](#) Owned by MIT & Harvard University. It's one of the largest provider of MOOC education internationally.



Popular Organizations Creating MOOCs

Stanford University

160 Courses / 159.1k **following**

Harvard University

121 Courses / 169.6k **following**

University of Toronto

24 Courses / 27.4k **following**

Yale University

24 Courses / 47.3k **following**

University of Michigan

127 Courses / 71.0k **following**

Indian Institute of Technology Bombay

25 Courses / 12.3k **following**



Popular Organizations Creating MOOCs

Massachusetts Institute of
Technology

151 Courses / 118.8k **following**

University of California,
Berkeley

59 Courses / 72.4k **following**

Georgia Institute of
Technology

100 Courses / 50.7k **following**

University of Pennsylvania

137 Courses / 78.6k **following**

Johns Hopkins University

90 Courses / 69.3k **following**

Microsoft

225 Courses / 161 **following**

\$300,000,000



Gates foundation more than \$300 million.



Zuckerberg Initiative to set aside a \$12 million grant to support research and development into new ways of tailoring classroom instruction to individual students.

The Future Classroom?

- The fact, only 4 percent of students who enroll in a Massive Open Online Course (MOOC) will actually complete the course.
- Immersive virtual reality (VR) could radically change that experience.

“Individuals who have more access to education not only learn more but live longer and are better citizens.”

“Most elite schools thrive on Rankings, Research, Real Estate, and Rah (Sports).

Students who are not attending these elite institutions, the "four Rs" offer poor value for the expense of a college education.”



SCHOOL
STOPS
FOR
SUMMER
Learning
NEVER
Should