

*"The Mysteries of Attention casts a complex argument in very readable terms. Its effort to situate literature in the midst of basic human concerns provides a very attractive alternative to several disabling contemporary habits of critical thought."*•

On this site you will find daily essential questions, daily guiding questions, daily agendas, lab reports, links to rubrics, articles on essential concepts and enrichment materials. We hope you find it both useful, informative and important to your learning and understanding. Personal Reference Personal Reference. A reference to yourself can take several forms. You may express appreciation at having been asked to speak. You may share a personal experience. Or you may reveal your authority on the subject of your speech. British statesman Winston Churchill, whose mother was American, used this personal statement of appreciation to open his address to the U. Congress shortly after the bombing of Pearl Harbor in December The fact that my American forebears have for so many generations played their part in the life of the United States, and that here I am, an Englishman, welcomed in your midst, makes this experience one of the most moving and thrilling in my life, which is already long and has not been entirely uneventful. I wish indeed that my mother, whose memory I cherish across the vale of years, could have been here to see. By the way, I cannot help reflecting that if my father had been American and my mother British, instead of the other way around, I might have got here on my own. In that case, this would not have been the first time you would have heard my voice. In that case, I should not have needed any invitation; but, if I had, it is hardly likely that it would have been unanimous. So perhaps things are better as they are. Here is an example of a personal anecdote meant to arouse audience empathy: I could read and write, and add and subtract-yes, all of the essentials were there. And, then, the boom lowered: Panic began to rise up inside. In front of thirty other fourth graders giving a speech? For the next five days I lived in dreaded anticipation of the forthcoming event. When the day finally arrived, I stayed home. It seemed at the rime to be the perfect solution to a very scary and very real problem. Up to that rime, I had never been asked to say a word in front of anyone, and, more importantly, had never been taught anything about verbal communication skills. In another example, a speaker draws on his military experience to establish his credibility: Nevertheless, your listeners will probably try to answer mentally. This speaker opened a speech on geographical illiteracy with a series of question: What country lies between Panama and Nicaragua? Can you name the Great Lakes? It is best to use a series of questions if used by themselves. Questions are commonly combined with another method of introduction. In fact, the last speaker went on to tell a poignant story about a young suicide victim and, after that, to relate some rather startling statistics about the problem. In 5 states, just send in your check and they will send back your renewed license, no questions asked. In my grandfather got his license for the first time. No exam was required; no exam has been required since. Ever wonder why our highways seem a bit unsafe today? Attention Getters, Leads or Hooks: Making the Audience Smile, Chuckle, Laugh 3. Humor Humor, handled well, can be a wonderful attention getter. It can help relax your audience and win their goodwill for the rest of the speech. The following anecdote, for example, could be used to open a speech on the importance of adequate life insurance: It does not even have to be a joke. It may take more subtle forms, such as irony or incredulity. Here is another quietly humorous opening of a speech on deception in education: This certificate entitles Herbert to a listing in the Official Directory of Nutrition and Dietary Consultants and special rates on malpractice insurance. Sassafras Herbert is an 11-year-old poodle. It would hardly be appropriate to open a speech on teenage suicide, for example, with a funny story. Nor would it be appropriate to use humor in a talk on certain serious crimes. Used with discretion, however, humor can provide a lively, interesting, and appropriate introduction for many speeches. Often a past writer or speaker has expressed an opinion on your topic that is more authoritative, comprehensive, or better stated than what you can say. In a speech on the proliferation of "super babies," one speaker turned to Scripture to introduce her speech: Today, the cries are coming. A different kind of quotation, this one from an expert, was chosen by another speaker to introduce a similar topic, the disappearance of childhood in America: Childhood in America is vanishing. This authority "said it in a nutshell"--expressed in concise language the central idea of

the speech. It is vital that the speaker tie the quote to the topic if it is not so obvious. Speakers must explain the relevance of the quotation with the audience. They must also always tell the audience where the quote originated. When Franklin penned these words, he was really telling us to be more prepared and proactive in our daily lives. He was telling us that by being prepared for the unexpected, we really save ourselves lots of time and money. There are so many other interesting, and sometimes better, ways to introduce a speech that quotes should be used only if they are extremely interesting, compelling, or very much to the point. One method of introducing a speech is the use of a series of startling facts or statistics. Startling an audience with the extent of a situation or problem will invariably catch their attention as well as motivate them to listen further to what you have to say. This opening of a speech on teenage pregnancy must have caused the audience to sit up and take notice: A disease that quietly strikes one American teenager every 30 seconds--over one million a year. A disease that could be controlled. The disease is teenage pregnancy. In addition, the speaker employed the technique of suspense, withholding the topic until she had relayed the statistics. Almost in spite of themselves, audience members must have found themselves guessing the cause of such alarming figures. And because they invested mental energy in thinking about the answer, the speaker had their attention. A similar example comes from a speech on the common cold: This disease makes us lose 32 million days of work and makes us spend million days in bed. It is the oldest and most common ailment own to man-the common cold. Very often, two or three are effectively combined in a single introduction. For example, the following speaker combined the methods of illustration and startling statistic for this effective introduction to a speech on geriatric medicine: Between the years and , the number of people over 65 has tripled. Not surprisingly, since it is the most inherently interesting type of supporting material, an illustration can provide the basis for an effective speech introduction. A relevant story often effectively introduces a subject. Here is how one speaker opened a speech on the problems associated with diplomatic immunity: Three weeks after the incident, Ms. Holmes identified her offender as he walked down the street, and she then notified the New York police while her boyfriend subdued the man. After 45 minutes of questioning, Manuel Aryee, the accused assailant, was released a free man. In short, it is an effective way to open the speech. An inherently poignant illustration was offered by this speaker in the opening of a speech on organ donation: Some of you may remember the name, Jamie Fiske. You may even recall the dramatic televised appeal which her father, Charles Fiske, made to the American Academy of Pediatrics that day in October. For me, and I hope for some of you, the real hero of the Jamie Fiske saga was not the famous transplant surgeon but a baby boy named Jess Bellon. Mother always gave her children the middle name of a godparent. Instead, I became Mary Beth. Imelda had suffered throughout her adult life from insanity. Intensive work with psychiatrists and the latest drugs failed to offer Imelda help. No one in our family really understood her plight-we only knew that she was crazy. We finally understood Imelda-after her death. We felt guilty about the way we had treated Imelda. We were also relieved to discover that her illness was not hereditary. In addition, the speaker established her own involvement and expertise in the subject. There is an old saying, "Curiosity killed the cat. Perhaps with these examples you might want to think twice about using curiosity as an attention getting device. An attention getter that appeals to most of the audiences curiosity is a good thing.

*The Mysteries of Attention explores the principles of selection through which the nature of human attention is established and delineates the modes, forms, measures, and motifs of attention. It is a literary/philosophical discussion of the ways in which our sense of the world is determined by the mechanisms of attention that always remain.*

As a professional in the education industry for over 10 years, I believe knowledge should be made available to all willing students. Photo taken by hanzabean Good "Attention Getters" Are Vital for Essays An "attention getter," also known as an "attention grabber," "hook," or "hook sentence," refers to the first sentences of an essay and is always found in the introductory paragraph. Having a good attention getter for an essay is absolutely crucial. On average, people only read the first 2 sentences before deciding if your essay will be an interesting read or a chore. In this article, I will teach you how to write truly effective introductory lines, plus provide some examples of attention getters for your next essay. Top 4 Essay Attention Getters The top four types attention grabbing openings include asking the reader a question, telling a story, telling a joke, and making a comparison. These four attention getters listed below can be used interchangeably in pretty much any type of essay. Check out the suggestions and examples and consider giving your favorite a try in your next paper. This simple technique will get your readers to start thinking about your question, even if it was rhetorical. This can be a good way to get people to care what you are talking about in your essay. Examples of Opening an Essay With a Question Have you ever wondered why the city of San Francisco has such high instances of dog ownership? For decades, San Francisco has been a pet-friendly city sporting a large number of dog parks and other dog-friendly facilities and events. It is also a city that has passed many dog-friendly laws and regulations. In this essay, I will discuss the history of San Francisco and how it became such a hot spot for dogs and the humans who love them. How would you feel if you returned from gym class, opened your locker to get changed, and found that your clothes had been stolen? What would you do? Would you tell a teacher and miss some of your next class in order to borrow clothes? What if this happened once a week? Not every student is a victim of bullying, but every student should care about stopping bullying. Do you know the real story behind milk? Most of us consume milk or milk products at least once a day, but how much do you really know about where it comes from or how it gets to your grocery store shelves? Tell a Story She walked to the store I once visited Madrid The cat yawned lazily Guide the reader through a personal anecdote, an account of something that happened to someone else, or a fictionalized account of an event you intend to talk about in your essay. She was in full queenly regalia today, as her schedule included meetings with foreign diplomats. The room smelled of perfumed bodies and incense, and thankfully, a light breeze wafted through; it was hot. While it is impossible to know exactly what a day in the life of Queen Cleopatra would really have been like, historians and archaeologists can offer many useful clues through the study of ancient artifacts and writings. The jaguar padded silently across the jungle floor. She followed the scent of something small and furry, hopeful of catching her next meal. Her stomach growled with hunger as she listened for the telltale rustling that would alert her when the creature was nearby. Jaguars are the third largest cat species in the world and the largest in the Americas. This essay will discuss interesting facts and information about jaguars. Tell a Joke Funny attention getters can be very effective when used correctly. There are 2 types of jokes you can use to begin your essay: A very general joke that an average person would understand. Jokes can lighten the mood and allow the reader to enjoy the rest of the essay. Just make sure you tie your joke back into the subject you are writing about somehow. The reader will be wondering what other laughs you have in store, which is part of the fun, so try to incorporate at least one other joke later in the piece if you choose this method. A joke about the subject of the essay. To get to the other side, of course! But the reason might really be that the chicken lived in Fair Oaks, California. This little town is famous for its free range wild chickens. This essay will inform readers about the unique charm of Fair Oaks. If you laughed at this fraction joke, you are definitely a math person! But did you know that people were using fractions to keep track of amounts of things as early as BCE? This essay will discuss the history of fractions. Use Comparisons Using comparisons is a good way to make complicated concepts seem more simple and easily understood. Both are citrus fruits,

are round, and have thick peels. Both can be peeled with fingers, but are easier to eat by cutting open with a knife. Both even have a similar flavor that is bitter and sweet at the same time. Grapefruits are the result of crossbreeding a pomelo with an orange. This essay will discuss the fascinating pomelo fruit. Eating a healthy diet is a lot like building a house. Most nutritionists recommend starting with a good, sturdy foundation of fruits and vegetables. In fact, fruits and veggies should take up at least half of every meal. This will provide a solid base for your walls protein to rest on. This essay will demonstrate how your diet, just like a house, should be constructed carefully for a happier, more comfortable life. Photo taken by Auntie P Hooks for a Persuasive or Argumentative Essays A persuasive essay or argumentative essay is a paper where you are trying to convince your reader to engage in a particular action or adopt a particular belief system. This type of attention getter also works well for informative and research essays. Example of a Persuasive Essay Hook Humans emit Think climate change is no big deal? This essay will argue that climate change is a major global threat and that we all need to take action now. Attention Getters for Descriptive Essays A descriptive essay is an essay that describes a person, place, or thing. Descriptive essays can be about a tangible thing like a favorite toy or food. They can also be about intangible things like feelings or dreams. Good attention getters for descriptive essays will include the senses. Christmas music played softly, complimenting the crackle of the fire in the fireplace. I ran down the stairs full of excitement. Attention Grabbers for a Contrast Essay A contrast essay, also known as a comparative essay, is a paper that compares two or more different things and discusses how they are similar and how they are different. It sometimes also argues that the things being compared are more similar than different, or more different than similar. Pineapple pizza people often think of the anti-pineapple crew as just a bunch of restrictive haters putting arbitrary limits on a favorite dish, and the pineapple-free team tend to view pineapple people as defilers of an already sacred and perfect food. But both share something very, very important; a love of pizza. In fact, all of the top four listed above should still work without needing to use "I" or "you," except option 1 asking the reader a question. Additionally, the suggestions for persuasive, descriptive, and contrast essays will still work without using those two forbidden words. Related Articles Writing a Descriptive Essay About a Person or Place You may be requested to write a description essay about a person or a place, either for work or as an assignment question at school. This article discusses several ways to ensure your can essay stand out from all the rest, and provides examples for y.

### Chapter 3 : Joyful Mystery of the Rosary - Prayers - Catholic Online

*Frank M. Wanderer Ph.D is a professor of psychology, a consciousness researcher and writer. Frank is the author of the books –The Revolution of Consciousness: Deconditioning the Programmed Mind and several books on consciousness.*

As psychiatrists began to better understand what is now called attention deficit-hyperactivity disorder ADHD , the rates among children around 5 percent seemed steady in nearly every country worldwide. Except a few in Europe, France in particular. Specifically, she said that French doctors look at social contexts and connections as opposed to dysfunctions in the brain. Some bloggers and writers embraced the idea that simply raising kids strictly like the French do will eliminate ADHD. On Reddit, one critical writer responded recently: Medical malpractice on a national scale. For decades, much of the mental health profession has relied on the Diagnostic and Statistical Manual of Diseases, a tome updated periodically by the American Psychiatric Association. Often two years later. Meanwhile, American physicians have been accused of overmedicating patients, particularly children and particularly children with ADHD. Over doping versus over-talking This is not the first time ADHD diagnostic discrepancies have appeared worldwide. More than 10 years ago, a group of Harvard University psychiatrists decided to look into what were up to fold higher rates of ADHD diagnosis in North America compared to England. In Europe, several parent groups have taken political action to create a different way to treat ADHD. Some researchers have found that DSM categories have limitations and cultural biases. Others have found that European doctors did not have fully successful results using American-style stimulant therapy. Twin studies show a possible heritability of percent, as well as a number of genes that may carry the risk of ADHD. But environmental influences can inflate heritability figures, and the candidate genes known so far only seem to explain less than 5 percent of variation in ADHD. Researchers also have looked at whether ADHD is more than one syndrome, and in reality a hodgepodge for now of similar symptoms and have yet to be parsed. It has yet to be made clear, whether in France, the U. Perhaps if nothing else, the revisions of the DSM, and the French approach, call for a meeting of minds. He is based in Camarillo, California.

**Chapter 4 : Mr. McLaughlin's Class: Types of Attention Getters**

*Description: The Mysteries of Attention explores the principles of selection through which the nature of human attention is established and delineates the modes, forms, measures, and motifs of attention. It is a literary/philosophical discussion of the ways in which our sense of the world is determined by the mechanisms of attention that always remain beyond our comprehension.*

**Multitasking** Why is it so difficult to concentrate on two things at once? Cohen of Princeton University discussed exciting evidence that he has brought to bear on the vexing mysteries of multitasking. Yet people can do it with a single instruction. Despite our incredible ability to use cognitive control, it is well known that people in many situations perform poorly when they attempt to simultaneously complete two tasks that both require mental concentration. Paradoxically, in daily life, feats of multitasking abound: To drive a car, one must monitor road conditions, approaching vehicles, speed, and sometimes revolutions per minute. Skilled drivers may be able to stay abreast of all of these factors while listening to a podcast, minding the behavior of young passengers, or even abstaining from scratching an itch. Yet under other circumstances – for example, if the road conditions deteriorate – multitasking becomes challenging even for experienced drivers. Early work on cognitive control contrasted it with automatic mental processes that happen so naturally they can be difficult to repress. It can take painstaking practice for controlled processes to become automatic ones. Cohen, however, is skeptical of this CPU analogy. Take the Stroop task. It conveys information about both a color and a word. To sort out all this data, the brain needs a control signal that helps us decide which possible representation – linguistic or chromatic – we need to use. Cohen became convinced that the question of how these conceptual crossings affect traffic flow in the brain was key to understanding cognitive control. Meyer and David E. Taatgen and Dario D. How does the number of crossings, or the frequency of sharing of representations in psychological terms, affect the overall parallel-processing capacity of the system or the demands for control? How does that scale with network size? And, perhaps most importantly, if such crossings pose problems, why do they exist? Using computer modeling, Cohen and his team constructed networks that simulated simultaneous decision-making processes under conditions where a reward would motivate the decision-maker to choose the correct option. The team designed their model to include shared representations such as the ones that Cohen believed might hypothetically exist in the brain. Saying that the capacity for cognitive control is limited is like blaming firemen for the fire: Although they are often seen at the scene of a fire, they are not responsible for it; they are there to put it out. If Cohen is correct that sharing representations among tasks restricts multitasking severely, and requires cognitive control to manage it, why should such shared representations exist in the first place? Of course much of the brain is in fact more like that, allowing us to multitask in many situations. Cohen suggested during his award address that sharing mental representation between tasks actually creates important cognitive advantages: Shared representations help us learn faster, more efficiently, and with greater flexibility. Cohen used a Stroop-style task to show the audience that, while shared representations allow us to learn novel tasks quickly, they can sometimes trip us up. In this situation, the audience was being asked to do two tasks that, in principle, it should be possible to do at the same time – verbally respond to the color and manually respond to the word. However, processing the word uses the same representations that are used to name it that is, respond to it verbally, which interferes with the verbal response to the color. This problem would have been avoided if, in learning the manual response to the word, different representations were used than for naming it. Such a dedicated representation would have taken time to develop a process not unlike the time-consuming work of learning to read, drive, or use sheet music to play a piano concerto. And, of course, it brings psychological researchers one step closer to understanding why an organ as powerful as the human brain is so darned bad at doing two things at once. Attention and cognitive control.

**Chapter 5 : STAR WARSâ„¢ Jedi Knight: Mysteries of the Sithâ„¢ :: Attention all Jedi!**

*The Mysteries of Attention explores the principles of selection through which the nature of human attention is established and delineates the modes, forms, measures, and motifs of attention. It is a literary/philosophical discussion of the ways in which our sense of the world is determined by the mechanisms of attention that always remain beyond our comprehension.*

I was praying towards Jerusalem because my people prayed three times a day, morning, noon, and evening facing Jerusalem. I was praying for the Liberation of my people. I was praying that soon the Messiah would come to take away all hatred: As I was praying, there suddenly appeared an angel. At first I was afraid because it was the first time an angel had ever come to me. When I heard him say "Hail, full of grace, the Lord is with you" I was very confused at this greeting and yet I was very humbled that an angel would call me full of grace: I asked the angel how this could happen? I am a virgin: I had intended to be a virgin the rest of my life even though I agreed to live with Joseph. The angel assured me, "The Holy Spirit will come upon you: The prophesy of the Messiah. The prophesy that He would be a suffering servant. A servant rejected by His own people and yet raised by God. Knowing that, I said, "Behold the handmaid, the servant of the Lord: Pray to the Heavenly Father: She was in her sixth month: I went from Nazareth to Judea. I was only pondering the message that the angel had given me. It all seemed so wonderful that God would use me for His kingdom; for His glory. I had heard that Zechariah had become mute: As I entered and greeted Elizabeth, Elizabeth shouted for joy and said, "Blessed are you among all women and blessed is the fruit of your womb. Who am I that the Mother of my Lord should come to me. I began to sing the hymn of praise that came from my heart. My children, never doubt that God can work a miracle in your Life even if things seem humanly impossible: Trust Him, trust Him my children. As I visited Elizabeth out of love, I wish to visit you out of love. I wish to come into your situation whatever it may be: God will manifest His power if we believe. I am with you to pray with you. Offer this mystery to the Heavenly Father that He will also work a miracle of grace in your life: I am praying with you and for you. The Nativity of our Lord Jesus Christ 3rd Joyful Mystery Joseph and I came to Bethlehem because there was a decree that all should go to their ancestral town to be registered. In obedience, Joseph and I went. God even used the oppression of the Roman government to bring about your salvation: We looked for a place but there was no room in the inn: What was offered us was a stable not too far from where the shepherds were guarding their flock. It was soon that my Son was born: It was soon that the very Word would be made flesh. Joseph left me in the stable and went outside for a while thinking that he was not worthy to be present at such a great miracle. While he was thinking, the moment came when my Son was introduced to the world. Because of the immensity of Love that the Lord had filled me with, I felt no pain at His birth. There was pure joy at the coming of my Son. I held Him in my arms: He was the very Savior of the world. A while later, Joseph came in, he saw me with the Child and he was also filled with wondrous joy. As some time past, the shepherds that were near the stable also came. They knew about the birth of my Son: Heaven was rejoicing at the birth of my Son. My children, look upon the greatness of your Lord Who has loved you so much as to come down to show the immensity of His Love for you. Show your immensity of love for Him: See the face of my Son in those in need, those in want, and respond in love to Him. Pray to the Heavenly Father in this mystery for the gift of simplicity and for the woes of the poor and I will pray with you. I will ask the Father to give you the grace to be generous with those less fortunate. I was presenting to God, the Father, your Redeemer in anticipation of the sacrifice He would make on Calvary for your salvation. When we entered the temple, there was a holy priest by the name of Simeon. Simeon took the Child into his arms and said, "Now Lord You can release your servant according to Your word in peace, for my eyes have seen the salvation which You have raised for all peoples to see: My greatest pain, my children, is that people reject my Son: People reject His message of repentance and holiness. My children, ask the Heavenly Father that He will make you holy in all things. Take away from your life whatever is displeasing to God so that your worship at mass and your worshiping prayer will be acceptable to God the Father. I will pray for you in your time of worship. I will pray for you so that your prayer may reach the Father. We went and we were filled with joy to

worship God with His people. After the days of Passover were done, Joseph and I went back to Nazareth in the caravan of family members and friends that we came in. Joseph went with the men and I with the women. The children were either with their fathers or mothers. Both of us thought that Jesus was with the other. When evening came, Joseph and I came together and we did not find Jesus neither among our relatives nor among our friends. So we decided to go back to Jerusalem to look for Him. My heart was torn in two: It took us two days to go back to Jerusalem and on the third day we found my Son in the temple. He was among a group of elders, rabbis, and He was reading the Law with them. They were discussing the Law of Moses: He astonished the elders who marveled at His insight to the Law. As I was hearing Him, there was an amount of joy: God was giving me a taste of what my Son would be doing during His earthly ministry. I ran up to Him and said, "My Son, why did You do such a thing? Your father and I with so much sorrow have been looking for You. Everyone has a mission, especially your children that God has given to you. Pray for religious vocations. Pray for vocations to the priesthood. Pray that Christian families will be obedient to the Father. Pray for the unity and the strengthening of all Christian families that they will truly bring the Kingdom of the Father to this earth.

### Chapter 6 : Mysteries of Attention

*Mysteries of Attention - Ebook written by James S. Hans. Read this book using Google Play Books app on your PC, android, iOS devices. Download for offline reading, highlight, bookmark or take notes while you read Mysteries of Attention.*

Things keep falling apart in my outer life as well, perhaps as a reflection of a dismantling of inner patterns as Barry suggests. Some practices I find helpful these days: I am in the LI training program, so do the LIs most days, and sometimes several times a day. It helps shift how I relate to and see these. There is a curiosity and a question in this. Is it really an enemy? Is my perception of it as an enemy as true as it first appears? I also hold satsang with subpersonalities and whatever else is here anything can be taken as a subpersonality. You are welcome here. Thank you for protecting me. Thank you for your love for me. What would satisfy you forever? What are you really? I find and fan the flame of the heart with my attention and gratitude. It burns away any trance, any illness. I continue inviting in neurogenic tremors, often throughout daily life "when I sit in a chair, stand waiting for the tea water to boil, lie in bed etc. Sometimes, I also bring something stressful to mind to invite tension around that to release through the tremors. I sometimes use The Work too. Right now, I have to admit I am more drawn to the Living Inquiries, although I see them as equal and complementary. They are both forms of inquiry. They both invite beliefs to be seen through and soften or fall apart. And yet, the Living Inquiries work on images, body images, and sensations more specifically, which I find helpful now. Whenever I remember, I intentionally rest, allowing any experience to be as it is. Noticing the sensations, allowing them as they are. Noticing the sounds, images and words coming and going. This is an alert form of resting. They come and go, and are noticed as objects instead of being identified with. I sometimes also take time to bring attention to the sensations of the breath at the nostrils, or at one nostril. This invites attention to stabilize, and it becomes more pliable and a support for any activity in life and just being. I am just getting more back into this, and wish to do it more again. I pray for guidance. For seeing through the trance. For support seeing through the trance. For support in living from love and clarity. For support in meeting any fear in me with love and clarity. For my life being in service of life. I go for walks in nature. I make sure to drink plenty of water, usually in the form of different types of herbals teas, so my urine is pale or almost clear. This really helps with any sense of energetic stagnation in my system. I take some herbs and similar things chulen, rhodiola, eleuthero, echinacea. I get plenty of rest and sleep. I do things that sparks my passion photography, drawing, reading. I connect with friends. As or more important than much else here.

**Chapter 7 : Good Attention Getters for Essays With Examples | Owlcation**

*Note: Citations are based on reference standards. However, formatting rules can vary widely between applications and fields of interest or study. The specific requirements or preferences of your reviewing publisher, classroom teacher, institution or organization should be applied.*

Find articles by Andrew M. Watson Find articles by Jason M. Ruddell Find articles by Edward J. Received Apr 2; Accepted Nov 7. The use, distribution or reproduction in other forums is permitted, provided the original author s or licensor are credited and that the original publication in this journal is cited, in accordance with accepted academic practice. No use, distribution or reproduction is permitted which does not comply with these terms. This article has been cited by other articles in PMC. Abstract Although research has provided prodigious evidence in support of the cognitive benefits that natural settings have over urban settings, all nature is not equal. Within nature, natural settings that contain mystery are often among the most preferred nature scenes. The present study examined the direct cognitive benefits that mystery in nature has on attention. Settings of this sort presumably evoke a form of attention that is undemanding or effortless. Results revealed that with additional viewing time, images perceived high in mystery achieved greater improvements in recognition performance when compared to those images perceived low in mystery. Tests for mediation showed that the effect mystery had on recognition performance occurred through perceptions of fascination. Implications of these and other findings are discussed in the context of Attention Restoration Theory. A long walk in a nearby park, a view of a snow-capped mountain, or even the simple act of tending to the garden can be enough to alleviate the mental fatigue that may escalate throughout the course of a day. All nature however, is not equal. Certain types of natural settings are likely more supportive or effective at providing a person with the kind of rest needed to facilitate a state of mental recovery. Natural settings that contain patterns of mystery may be particularly effective at this aim, as previous research has shown mystery to be a strong predictor for environmental preference Herzog and Kropscott, ; Stamps, ; Herzog, Consider a partially obstructed view, a view common to many nature or park settings. Scenes of this sort give the impression that there is more to gain by going deeper into the setting. The fact that the view is vaguely seen makes it all the more elusive, distant, and fascinating. Such sources of fascination presumably serve as a basis for resting attention Cimprich, ; Kjellgren and Buhrkall, Efforts to evaluate the effects that nature has on resting and restoring attention have often relied on approaches in which setting exposure occurs between a mental load task and a specific assessment of attention Tennessen and Cimprich, ; Berto et al. Although approaches of this type can indicate the extent to which a particular setting can facilitate recovery, they do not necessarily implicate the cognitive processes that contribute to that recovery. In the present study, we adopted an alternative method in which setting exposure was part of the attention-related task. The intent of this approach and the current study was not to address restoration per se, but to examine the underlying mechanisms that presumably contribute to that outcome. The prevailing assumption is that settings that are cognitively restorative tend to engage forms of attention that are more effortless, allowing the more effortful mechanisms of attention an opportunity to rest Kaplan, Attention Restoration Theory ART offers an explanation for why certain settings may facilitate the activation of these less demanding forms of attention Kaplan, ART, developed by the Kaplans Kaplan and Kaplan, , has served as the theoretical framework to help guide and explain why interactions with certain settings may lead to a restorative experience. Researchers have often referred to this condition as directed attention fatigue Kaplan, ; Felsten, As a cognitive capacity, directed attention allows a person to block out competing distractions in order to sustain focus during purposeful activity Posner and Snyder, ; Kaplan and Berman, When the demands on this capacity become too overwhelming, people often seek out settings that offer some sense of respite or relief. For many people, interacting with nature fulfills that role. According to ART, recovery from directed attention fatigue will occur to the extent that four factors are present in the person-environment interaction Kaplan, ; Staats et al. To that end, for an experience to be restorative a person must garner a sense of physical and cognitive distance from the distractions and routines that place demand on his or her capacities being away. Although gaining some degree of distance is important, restoration critically

depends upon the presence of stimuli that are inherently interesting fascination ; a point examined further in the section that follows. Stimuli perceived as fascinating seemingly call forth a form of attention that is less demanding or effortless. By avoiding circumstances that require mental effort, a person can thereby rest the more effortful forms of attention Berman et al. For that rest to be something other than fleeting though, a setting must also comprise a sense of scope and connectedness extent. That is, the person-environment interaction must be rich and coherent enough to not only capture attention, but also sustain it. The degree to which a setting is compatible has a direct effect on human functioning Herzog et al. Although the restorative factors discussed here can exist in all types of settings, natural settings tend to hold all four at high levels Herzog et al. The term, fascination, draws on a distinction first proposed by James That distinction revolved around two mechanisms of attention: Voluntary attention is the willful act of directing mental effort so as to meet certain prescribed goals. In some situations, we may find that the stimulus patterns in an environment are essential to achieving a specific purpose, but yet fail to hold our interest. Voluntary or top-down processing allows a person to employ mental effort in order to ignore irrelevant information and focus solely on those items that are most salient. In contrast, involuntary attention fascination is largely a function of the interest or attraction that is present within an environment Posner et al. On these occasions, the environmental patterns are so appealing that the activation or selection of attention occurs almost effortlessly. As a result, the processing of information is more bottom-up oriented. According to Kaplan and Talbot , human fascination tends to derive from certain cognitive contents and processes. The contents that frequently elicit fascination are often those objects that a person perceives as great value or great danger, or that hold evolutionary significance such as water, fire, or greenery Kaplan, The processes that tend to engage attention more effortlessly are those that facilitate understanding or involvement Kaplan and Kaplan, With the suggestion that there is more to see, natural settings that contain mystery can be very compelling. According to Kaplan and Kaplan , the source of that fascination derives from strong biases early humans formed for visual information. As a species that did not rely on physical prowess for survival, humans tended to prefer environments that could facilitate understanding and involvement Kaplan, Too much familiarity, and a person can become bored or tired. Too engaging, and a person could very easily experience feelings of anxiety or frustration. Mystery refers to those settings where a portion of the visual landscape is obstructed, enticing a person to go further Hammitt, ; Kaplan and Kaplan, A bend in the trail, a view partially concealed by foliage, or a stream that meanders out of sight all possess attributes related to mystery Gimblett et al. Scenes of this type often provide the prospect to acquire additional information. Although there is ample evidence demonstrating the benefits nature has over urban environments Tennessen and Cimprich, ; Herzog et al. In many of those studies, the experimental design revolved around examining changes in performance for measures intended to evaluate attentional functioning. One of the major assumptions underlying ART is that recovery from directed attention fatigue is contingent upon resting that capacity Kaplan, In our use of the RMT, presentation duration served as an independent variable. In varying the amount of time a group of subjects had to study presented images, we not only were able to simulate demand on attention, but also address the extent to which certain images might evoke more automatic forms of processing. Faster presentation durations often correlate with mechanisms of attention that are more automatic in quality. With duration held as a constant for a person carrying out the RMT, performance on the RMT should vary as a function of the cognitive costs associated with a particular processing component Barrouillet et al. For this study, the processing components were the images that appeared on the computer screen. Evaluations of task performance overall, as well as examining performance for both studied hits and non-studied false alarm images offered insight into the underlying mechanisms of attention activated during the RMT. That is, to what extent do scenes containing patterns of mystery engage or activate a type of attention that is more effortless in form? Further affirmation of these potential benefits occurred through our examination of the remember-know judgments made following recognition decisions. We then anticipated that scene type would significantly predict recognition performance in that images perceived high in mystery would lead to greater rates of recognition performance Hypothesis 2. In an attempt to explain this outcome, we first tested the supposition that scene type would predict levels of perceived fascination; images perceived high in mystery would result

in higher levels of perceived fascination Hypothesis 3. Finally, we expected that the effects of scene type on recognition performance would occur through perceptions of fascination Hypothesis 4. Research design Students involved in the study participated in one of three experimental phases. Initial efforts focused on establishing a set of images that best represented the extremes of trail scenes containing attributes commonly related to mystery Gimblett et al. After obtaining such images, those images were then incorporated into the RMT. The third and final phase of the study involved an additional sample of participants assessing the same images integrated into the RMT for perceived fascination. Taken collectively, data obtained from each study phase provided a means by which to assess whether scores for fascination served as the generative mechanism through which mystery influenced the rate of recognition memory performance for images presented as part of the RMT. Study phases Mystery rating phase 1 Phase 1 of the study involved 38 students norming a set of nature trail scenes for the presence of mystery. Specific focus was devoted to obtaining images that reflected patterns perceived high in mystery and patterns perceived low in mystery i. To accomplish that aim, participants viewed images displayed on a computer screen one at a time. The evaluation of the presented images was self-paced. Presentation duration served as a between subjects variable, in which there were 36 participants in each duration. Scene type was manipulated within-subjects. Participants carried out the RMT in two parts: As an intentional learning task, participants were asked to study and memorize each image to the best of their ability. During the study portion of the task, participants viewed one of two subsets of 40 images, in which a computer screen randomly displayed each image for a specific duration. For a given duration, half of the participants viewed images from subset A at study, while the other half viewed images from subset B at study. Each subset comprised images from the two scene types examined; 20 images perceived to be low in mystery and 20 images perceived to be high in mystery. After the presentation of an image, a pixel high by pixel wide fixation point appeared for ms. During the test portion of the task, participants viewed the same 40 images randomly intermixed with the 40 new images images from either Subset A or Subset B. Similar to the study portion of the RMT, the 40 new images included 20 images perceived to be low in mystery, and 20 images perceived to be high in mystery. For each image presented, participants had to decide whether or not an image was one they had previously seen OLD or an image that they were seeing for the first time NEW. Participant responses yielded an accuracy score for each test image. The rate of corrected recognition served as the dependent variable as it reflected a more accurate estimation of recognition performance. In addition to assessing recognition memory performance, the RMT also provided a means by which to evaluate the strength of particular memory trace by asking participants to make remember-know judgments Watson et al. Perceived fascination phase 3 A total of 47 students participated in Phase 3 of the study.

### Chapter 8 : Hubble at Telescope has helped explain mysteries of universe - calendrierdelascience.com

*The Mystery of ADHD Motivation, Solved Why do adults and children with ADHD have strong motivation and executive function for some tasks and never find the cognitive spark to do others? By Thomas E. Brown, Ph.D.*

Overview[ edit ] Although covered with metres of ash and other volcanic material, the villa sustained only minor damage in the eruption of Vesuvius in 79 AD, and the majority of its walls, ceilings, and most particularly its frescoes survived largely undamaged. Since its excavation the roofing and other parts of the house have been maintained as necessary. The Villa is named for the paintings in one room of the residence. This space may have been a triclinium , and is decorated with very fine frescoes , believed to be painted in the early-middle 1st century. One of the defining features that help identify this as a Bacchian-related mural is the depiction of maenads , the female followers of Bacchus. These devotees are often depicted dancing with swirling drapery and were found first on Greek pottery, many of which were made before the cult spread to Italy. Though often believed to be a triclinium, the room with the frescoes could have also been a cubiculum of the matriarch, which would indicate that the matriarch was a member of the cult. A wine-press was discovered when the Villa was excavated and has been restored in its original location. It was not uncommon for the homes of the very wealthy to include areas for the production of wine, olive oil, or other agricultural products, especially since many elite Romans owned farmland or orchards in the immediate vicinity of their villas. The Villa may be easily accessed from Pompeii, lying some metres northwest of the town walls, separated from it by a road with funerary monuments on either side. The Villa of the Mysteries was a suburban villa Latin: The ownership of the Villa is unknown, as is the case with many private homes in the city of Pompeii. However, certain artifacts give tantalizing clues. A bronze seal found in the villa names L. Istacidius Zosimus, a freedman of the powerful Istacidii family. Scholars have proposed him as the owner of the Villa or overseer of reconstruction after the earthquake of The presence of a statue of Livia , wife of Augustus , has caused some historians to instead declare her to have been the owner. As in other areas of Pompeii and Herculaneum , a number of bodies were found in this villa, and plaster-of-Paris casts were made of them. Interpretation of the Frescoes[ edit ] There are many different interpretations of the frescoes, but they are commonly believed to depict a religious rite. Another common theory is that the frescoes depict a bride initiating into the Bacchian Mysteries in preparation for marriage. In this hypothesis, the elaborate costume worn by the main figure is believed to be wedding apparel. Women and satyrs are featured prominently. Because of the widely accepted theory of the mural depicting an initiation from the cult of Bacchus , some think that the room with the frescoes was used to conduct rituals and celebrations related to the god. On the other side of the throne the young initiate is shown in a purple robe and myrtle crown, holding a sprig of laurel and a tray of cakes. She appears to have been transformed into a serving girl, but may be bringing an offering to the god or goddess. At one side a sileni a horse element is playing a lyre. Silenus was the tutor and companion of Bacchus. To their right, the initiate is in a panic. This is the last time we see her for a few scenes; when she appears again, she has changed. Some scholars think katabasis has occurred. Next to them sits a goddess, Ariadne or Semele , with Bacchus lying across her lap. She now carries a staff and wears a cap, items often presented after the successful completion of an initiation ordeal. She kneels before the priestess, and appears to be whipped by a winged female figure. Next to her is a dancing figure a Maenad or Thyiad and a gowned figure with a thyrsus an initiation symbol of Bacchus made of long stalks of wrapped fennel, with a pine cone on top. After this scene, there is another image of Cupid. This is all we know of the Roman rites of initiation.

### Chapter 9 : Villa of the Mysteries - Wikipedia

*The Mysteries of ADD and High IQ The five truths about attention deficit disorder. Posted Aug 16,*