 ****

**FNDN 102 Personal Application Assignment |** Flow

**INTRODUCTION**

Flow is the mental state of operation in which a person performing an activity is fully immersed in a feeling of energized focus, full involvement, and enjoyment in the process of the activity. In essence, flow is characterized by complete absorption in what one does, and a resulting loss in one's sense of space and time. Sometimes reffered to as being in the “zone”. Flow contributes to an increased sense of self through greater personal competency, achievement and engagement. Flow is typically experienced when we are participating at the peak of our skill and the challenge of the task.

***Watch this video explanation of flow*** <https://www.youtube.com/watch?v=8h6IMYRoCZw>

**PART 1 | Using flow activities**

In the next **week**, practice flow experiences **at least 3x for a minimum of 20 minutes in each episode.** Record these activities on the log sheet provided (see below).

Record the following for each episode: date, activity, duration and intensity

**PART 2 | Reflection**

After completing your week of flow experiences write a one-page reflection that answers the following questions:

1) Why did you choose the activities you did? Did you choose more than one type of activity?

2) How skilled are you in the specific activity you chose? Explain. What was the nature of the environmental task (e.g. was it challenging enough in each episode? Was the duration sufficient?)

3) How did this practice impact you after the activity (e.g. were you energized, happy, proud,

 anticipating next time)? Will you continue this activity in the future (e.g. for the same

 frequency, duration and intensity)? Why?

**FORMATTING** Your reflection should be one page in length and APA format (typed, 12 point font size, New Roman Times font, double-spaced with one-inch margins). Include a title page (there is a template on the Moodle site) and save your file as "First Name\_Last Name\_Flow." Submit in Word™ or .pdf format on Moodle at the beginning of class on the date indicated in your syllabus.

**RECORD SHEET (NOTE:** You must include this log sheet (copy and paste) with your reflection)

|  |  |  |
| --- | --- | --- |
| **DAY** | **Flow Activities (include DATE, ACTIVITY, DURATION in each entry; min 3 days)** | **Intensity of the flow experience:** Provide a number between 1 and 10 1 = minimal 10= maximal |
| **Monday** |  |  |
| **Tuesday** |  |  |
| **Wedenesday** |  |  |
| **Thursday** |  |  |
| **Friday** |  |  |
| **Saturday** |  |  |
| **Sunday** |  |  |

**MARKING RUBRIC**

|  |  |  |  |
| --- | --- | --- | --- |
| **ACTIVITY LOG** |  | **Value (10)** | **MARK (10)** |
| Log submitted (1) |  | **1** | 1 |
| Log completed (9) | 3 pts / entry (must include DATE, ACTIVITY, DURATION)  | **9** | 9 |
|  |  | **10** | 10 |
|  |  |  |  |
| **REFLECTION** |  | **Value (35)** | **MARK (35)** |
| Questions answered | (3x1pt each) | 3 | 3 |
| Length (full page) | 1 – less than half / 1.5 – three quarters / 2 - complete | 2 | 2 |
| 1. Evidence of engagement | 5 – Basic response, undeveloped / 7.5 – Adequate detail, thoughtful / 10 – Detailed, thoughtful, articulate | 10 | 10 |
| 2. Evidence of engagement | 5 – Basic response, undeveloped / 7.5 – Adequate detail, thoughtful / 10 – Detailed, thoughtful, articulate | 10 | 10 |
| 3. Evidence of engagement | 5 – Basic response, undeveloped / 7.5 – Adequate detail, thoughtful / 10 – Detailed, thoughtful, articulate | 10 | 10 |
|  |  | **35** | **35** |
|  |  |  |  |
| **PROFESSIONALISM / FORMATTING** |  | **Value (5)** | **MARK(5)** |
| Title Page | 0 – not included / 1 – not APA complete / 2 – APA complete | 2 | 2 |
| Grammar / Formatting | 1 = 4+ errors / 2 = 2-3 errors / 3 = no errors | 3 | 3 |
|  |  | **5** | **5** |
|  |  |  |  |
|  |  | **50** | **50** |
|  |  | **5** | **5** |
|  | DEDUCTIONS (if applicable) |  |  |
| **COMMENTS** |  |  |  |
|  |  |  |  |