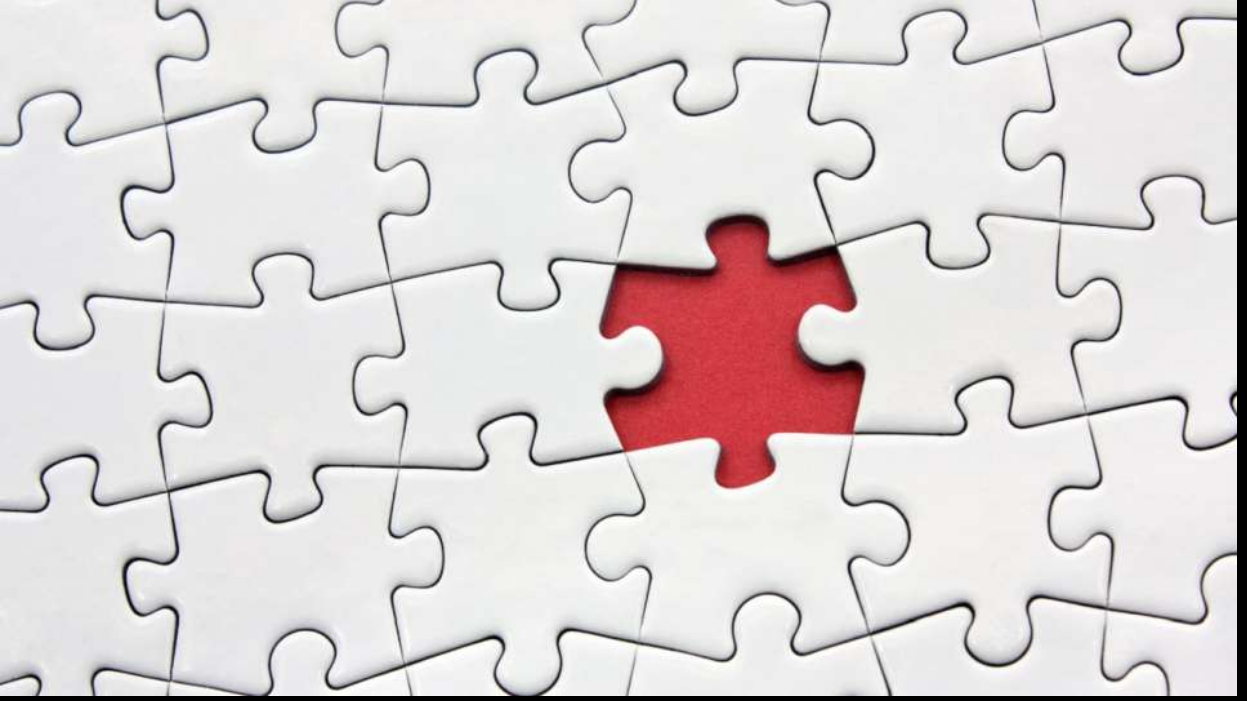
Curiosity and Flow

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

Cindy Pury, Psychology

Todd Kashdan

Epistemic Curiosity



Epistemic Curiosity

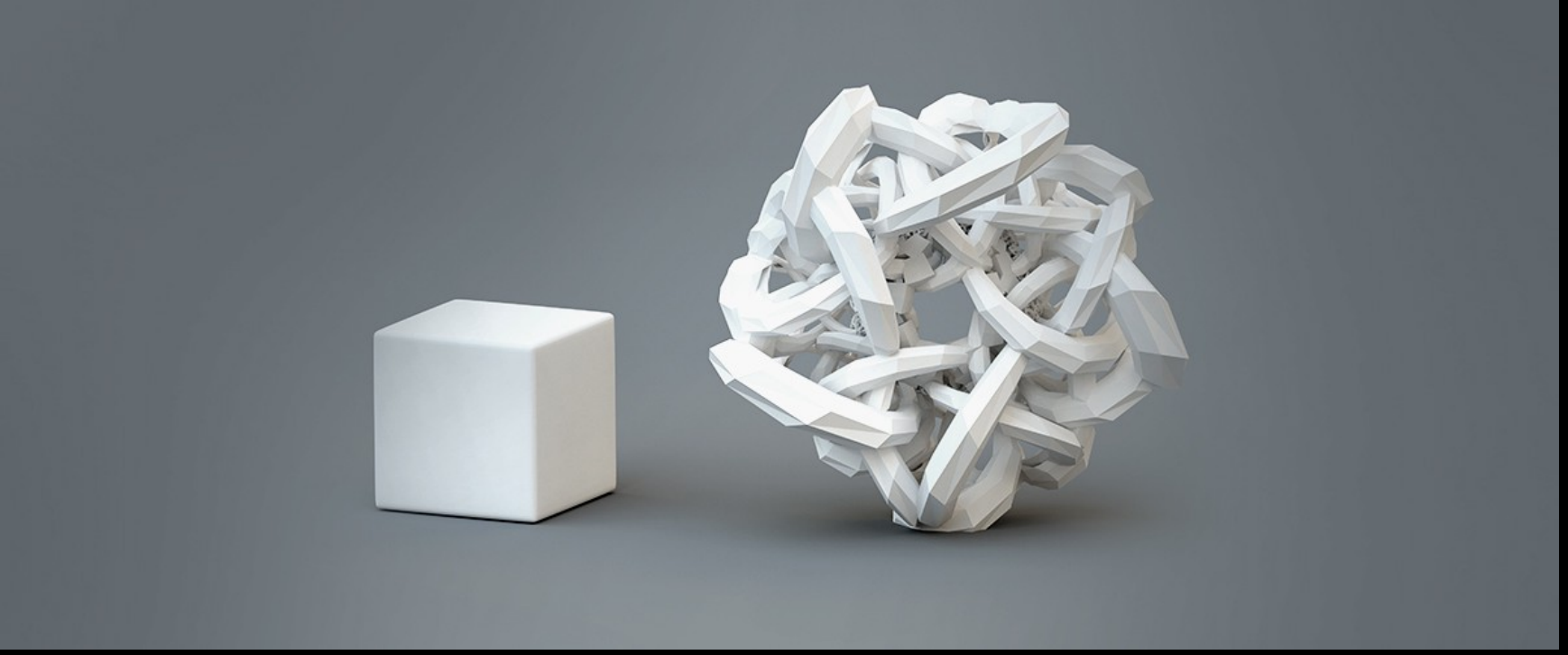
- Show them gaps in knowledge

PENELOPE CRUZ
WILLEM DAFOE
JUDI DENCH
JOHNNY DEPP
JOSH GAD
DEREK JACOBI
LESLIE ODOM, JR.
MICHELLE PFEIFFER
DAISY RIDLEY
LUCY BOYNTON
MURDER
ON THE ORIENT EXPRES
VERYONE IS A SUSPECT
NOVEMBER

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

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- No spoilers!
- The right amount of detail

Disney
Cinderella
© Disney

Disney
Cinderella
© Disney

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Mihaly Csikszentmihalyi

Autotelic Experience

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Flow

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Flow

- Clear goal

YOU
WIN

TRY
AGAIN!

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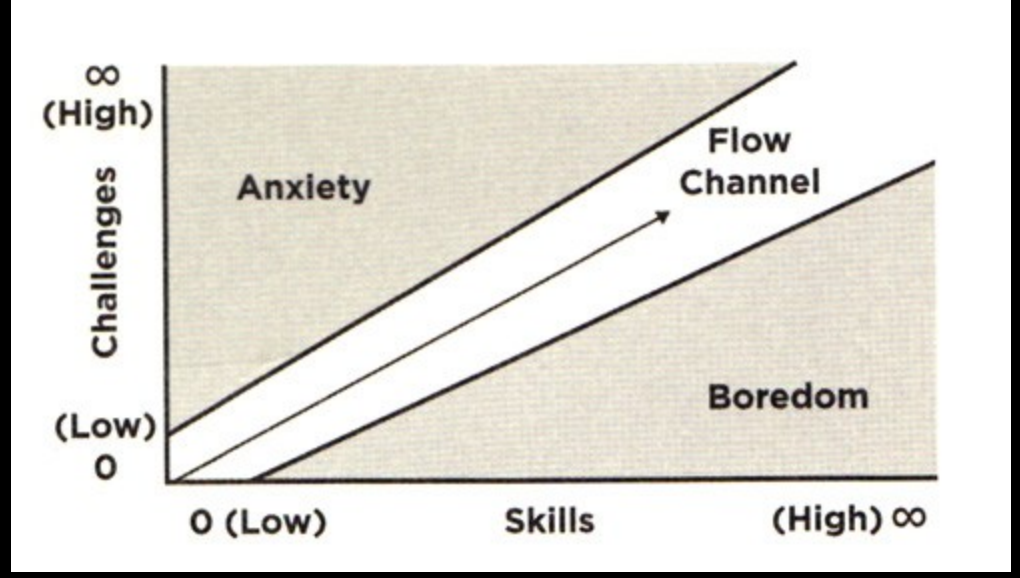
Flow

- Clear goal
- Immediate feedback


∞
(High)
Challenges
(Low)
0
Anxiety
Flow
Channel
Boredom
0 (Low)
Skills
(High) ∞

+1!
LEVEL
UP

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Flow

- Clear goal
- Immediate feedback
- Match challenge to skill level

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