

# 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

Disney  
Cinderella



Disney  
Cinderella



© Disney



# 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
- No spoilers!
- The right amount of detail
- 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?*

- 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

- Show them gaps in knowledge
- No spoilers!
- The right amount of detail
- I am smart -> YOU are smart
- Lower the risk of being wrong  
(at first)





Flow

Mihaly Csikszentmihalyi







# Autotelic Experience

Flow



# Flow

- Clear goal

YOU

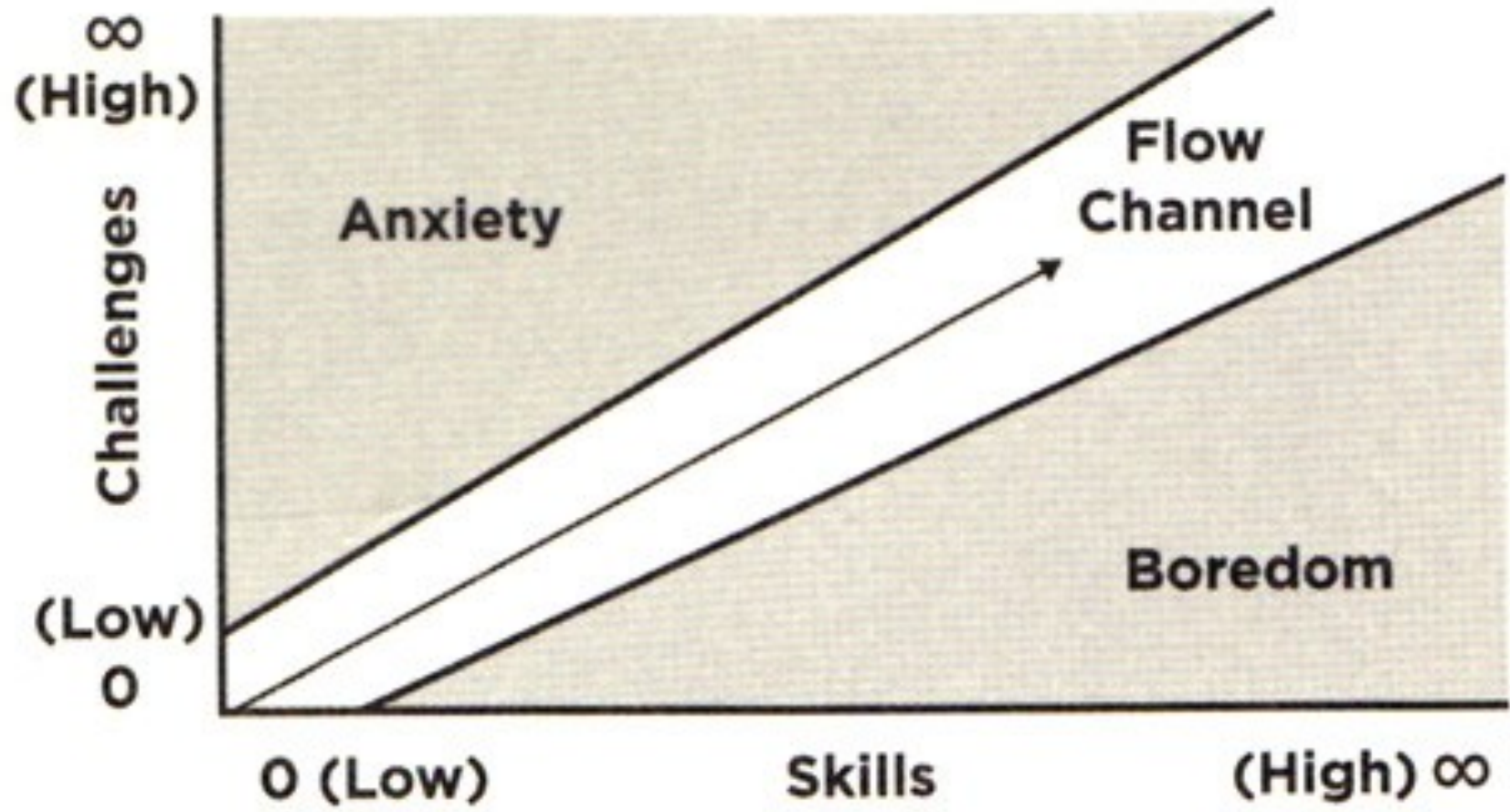


WIN

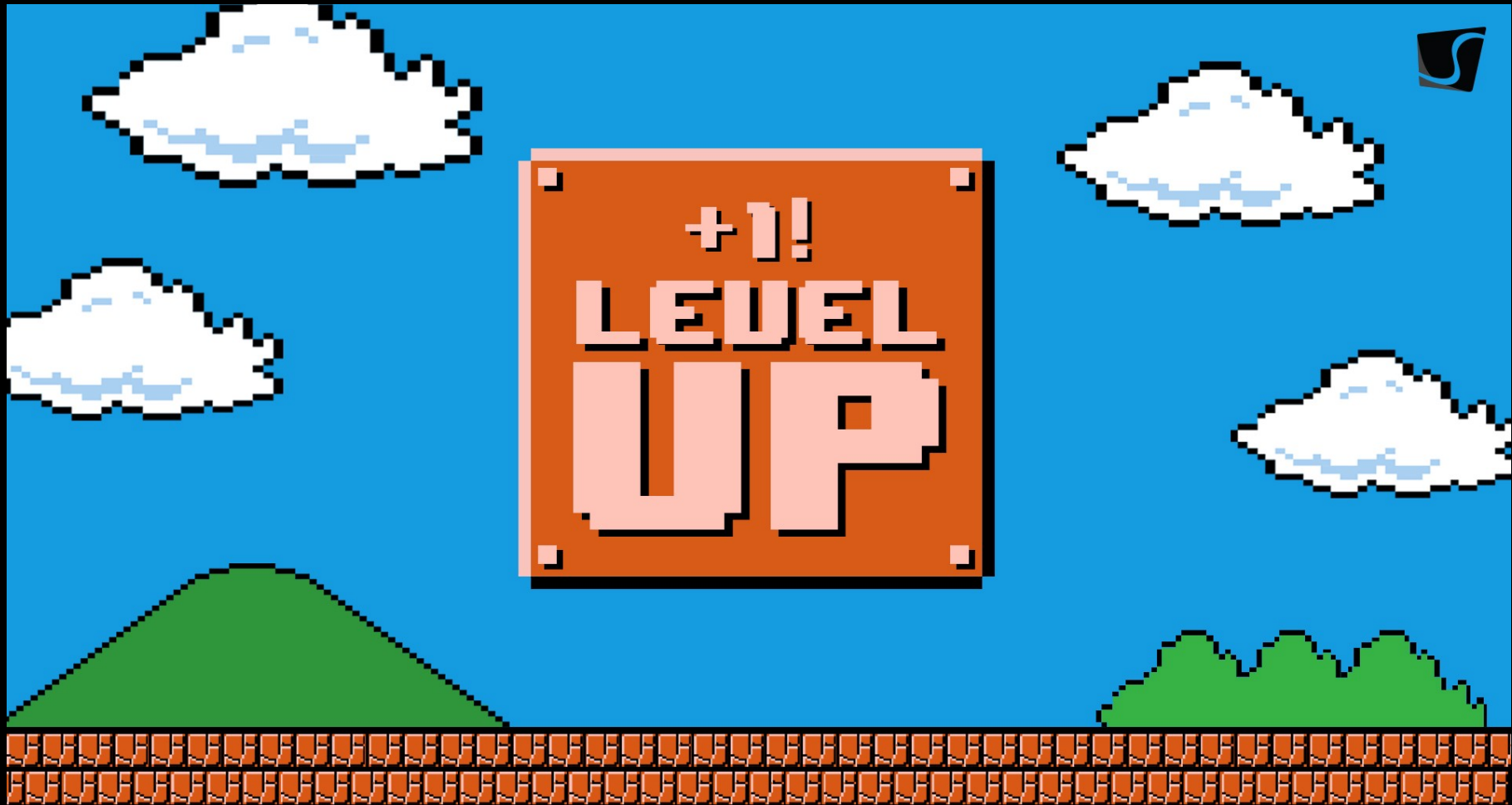
TRY  
AGAIN!

# Flow

- Clear goal
- Immediate feedback







# Flow

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





SHOW TASKBAR DISPLAY SETTINGS END SLIDE SHOW

0:00:26 10:01 AM



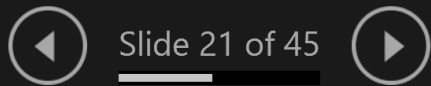
Next slide

Mihaly Csikszentmihalyi

Flow

Being completely absorbed in whatever you are doing

Activity-based



Slide 21 of 45

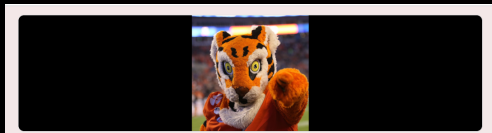
A A



# Flow

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

Example



01

cpury@g.clemson.edu [Switch account](#)

Your email will be recorded when you submit this form

\* Required

Enter your answer here when prompted. Be sure to hit "Submit" when done \*

Your answer


A copy of your response will be emailed to cpury@g.clemson.edu.

[Submit](#) [Clear form](#)

Never submit passwords through Google Forms.

This form was created inside of Clemson University. [Report Abuse](#)

Google Forms



02

cpury@g.clemson.edu [Switch account](#)

Your email will be recorded when you submit this form

\* Required

Enter your answer here when prompted. Be sure to hit "Submit" when done \*

Your answer

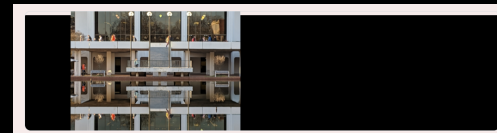
A copy of your response will be emailed to cpury@g.clemson.edu.

[Submit](#) [Clear form](#)

Never submit passwords through Google Forms.

This form was created inside of Clemson University. [Report Abuse](#)

Google Forms



03

cpury@g.clemson.edu [Switch account](#)

Your email will be recorded when you submit this form

\* Required

Enter your answer here when prompted. Be sure to hit "Submit" when done \*

Your answer


A copy of your response will be emailed to cpury@g.clemson.edu.

[Submit](#) [Clear form](#)

Never submit passwords through Google Forms.

This form was created inside of Clemson University. [Report Abuse](#)

Google Forms



72

cpury@g.clemson.edu [Switch account](#)

Your email will be recorded when you submit this form

\* Required

Enter your answer here when prompted. Be sure to hit "Submit" when done \*

Your answer

A copy of your response will be emailed to cpury@g.clemson.edu.

[Submit](#) [Clear form](#)

Never submit passwords through Google Forms.

This form was created inside of Clemson University. [Report Abuse](#)

Google Forms



# 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 interesting.



# Epistemic Curiosity



# Flow



cpury@clemson.edu