

Everything Flows: survey results

Survey Monkey Results May 2015

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FLOW ACTIVITIES

training horses

reading

writing

drawing/painting

playing music

jamming

when I'm trying to get important
coursework done on time

writing essays in exams

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WHAT COULD COLLEGE/TEACHERS DO?

'being in an environment with less
recognition of failure and pressure,

with students being positively encouraged.'

'not sure, I feel it can't be easily set-up or encouraged. Flow is something that is experienced often when unexpected. The excitement of doing something spontaneously inaugurates flow.'

quiet study spaces

'less time spent addressing the whole class and more time for students to get on with doing their own work alone '

more creativity, learning whilst creating

more active/enthusiastic teachers. Not just handing out sheets or writing things to copy, actually doing and drawing what is happening helps

I don't think it's that easy.

Different people experience flow in different ways, so to try and help some people experience flow in a learning environment might prevent others from experiencing flow, and it might even hinder their

learning.

it's difficult for me to experience flow if there are distractions going on around me, so it's very hard for me to experience flow in a classroom or other learning environment.

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RESPONDANTS

14 in total

11 experienced flow

2 not sure

1 no

5 in college

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FLOW AT COLLEGE?

14% definitely experienced flow during practical/workshop (85% overall)

35% definitely experienced flow during private study (77% overall)

35% definitely experienced flow
when working to deadlines but
42% not at all

28% definitely during
performance (63% overall)

21% technical activities

50% did in classroom based lessons 50% didn't AT

ALL

Group/Paired and Watching
others perform was 50-50% split
between yes/sometimes and not at
all

53% didn't experience flow at all
during active/game based learning

85% not at all during peer
assessment

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TYPES OF LESSON OR TEACHING THAT HELP FLOW?

being allowed to work on what you
want to work on

informal relaxed

explanations through

posters/drawing. Both teacher and
student participating

practical music

industry practitioners/guest
lecturers 'being the person you
want to be'

lessons that get the learners
involved

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WHAT HELPS YOU TO GET IN THE ZONE?

solitude, peace of mind

being alone or with a likeminded
friend

relaxed on my own

quiet, no distractions (x5)

music or visuals to distract me

when everything is going well and
audience are loving it

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FLOW EXPERIENCES

All positive responders exhibited
on more more of the categories
identified by Csikszentmihalyi
but...

Discussion with focus groups
suggested the following:

Flow is a continuum. You can be
focused but not 'flowing'. General
acknowledgement that it was
harder to achieve in college due to
distractions

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FLOW EXPERIENCES

 <http://padlet.com/jamestarling/flowsurvey>