

lab notes



ICP International Lab lab notes autumn/winter 2019

Welcome to the new edition of lab notes!

As usual, we have chosen four links which have interested and inspired us from a constructivist point of view. This edition, maybe as a sign of the times, is all about slowing down, looking differently, regaining a sense of wonder, and being kind.

We are always pleased hear your ideas for future issues: info@icp-intlab.org

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1. **Change how you interact with your city** - 10 good ideas to shift perspective
2. **Curiosity and wonder** - musing on scientific mysteries
3. **Learning to do nothing** - 'it's a reminder that you're alive'
4. **A pedagogy of kindness** - learning from one teacher's story

Change how you interact with your city



‘Identify things you’ve always taken for granted and ask how they got that way’

How to cultivate the art of noticing — from making smell inventories to sonic mapping, from getting lost to looking up

“These exercises and provocations meant to help you counter distraction by inspiring you to make the small yet enjoyable effort to rediscover your sense of creativity and wonder. These ideas are meant to shake up the way you see, hear, notice, and otherwise experience the world..”

<https://nextcity.org/features/view/10-ways-to-change-how-you-interact-with-your-city>

Curiosity and wonder



‘To keep assembling stories between us, stories about how everything was everything, about how much we loved’

Small Musings on a Vast Universe
by Ella Frances Sanders

... evolution, chaos theory, clouds, the color blue, the nature of light, the wondrousness of octopuses, the measurement of time, Richard Feynman’s famous cataclysm sentence, the clockwork mesmerism of planetary motion, our microbiome, the puzzlement of why we dream ...

<https://www.brainpickings.org/?s=eating+the+sun>

Learning to do nothing



‘The mere investment of attention signals intention and invites returns. It is “quite humbling”, she says, to discover how much you have been missing..’

Jenny Odell

‘That decision to pay attention to different things, or to ask those questions – to me, that’s the beginning of free will. If, in that abstract mental space, you can be reminded that the decision is actually yours to make, that it wasn’t made for you, I think that cascades into all the other areas of your life – like, for instance, using social media – where you actually have a choice, where you didn’t think you had one.’

<https://www.theguardian.com/lifeandstyle/2019/sep/27/jenny-odell-on-why-we-need-to-learn-to-do-nothing-its-a-reminder-that-youre-alive>

A pedagogy of kindness



‘I gradually learned, through a great deal of trial and error, that this combative way of approaching teaching was counterproductive at best, destructive at worst. I look back on that now and wince.’

Catherine Denial

“in practice, I’ve found that kindness as pedagogical practice distills down to two simple things: believing people, and believing *in* people. This can transform the student-teacher relationship, and not only on an individual-to-individual level - it can alter our working world.”

<https://hybridpedagogy.org/pedagogy-of-kindness/>



Please visit our website for news and information

<https://www.icp-intlab.org/>

At European and International PCP conferences, we often meet colleagues from around the world with a keen interest in PCP. We know it's not always easy to find opportunities for further development, so if we can help you to find contacts or to promote and develop Personal Construct Psychology where you are, please get in touch with us. We offer training and development activities, and we are always pleased to connect people wherever we can.

We would love to hear from you: info@icp-intlab.org

With best wishes from the ICP Lab team:

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