

# lab notes



## ICP International Lab lab notes winter 2018/19

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Welcome to the winter edition of lab notes! ❄️🌲🧊🏂

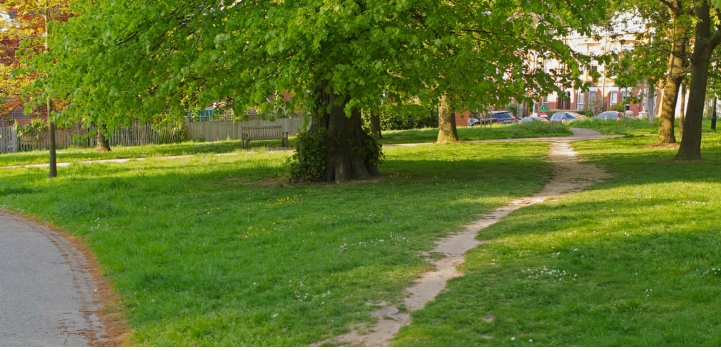
As usual we are featuring four links which have interested or inspired us from a constructivist point of view.

Thank you for all your positive feedback so far, and don't forget that we are always pleased hear about your ideas and links for future issues: [info@icp-intlab.org](mailto:info@icp-intlab.org)

### In this issue:

1. **Desire paths** - how we can understand places through our footprints
2. **Trapped in the echo chamber** - is there any way to escape?
3. **Rules for teachers** - on not being the smartest person in the room
4. **The value of being uncomfortable** - and other ways change can happen

## Desire paths



How our footprints reveal our relationship with place, and the constructs we use to weave our way

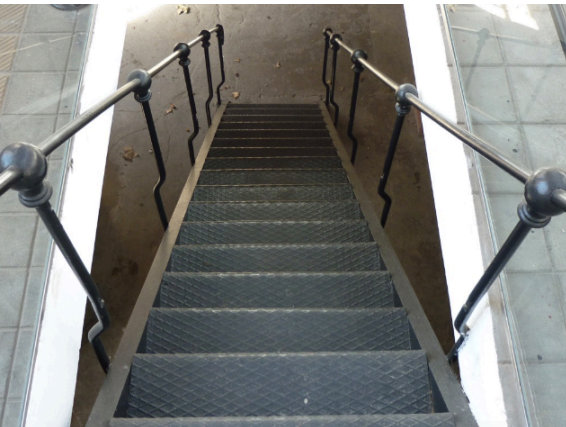
Desire paths are about not following the script – they are a “resistance”

“An individual can really write their own story. It’s powerful if you do have that agency to move”

<https://www.theguardian.com/cities/2018/oct/05/desire-paths-the-illicit-trails-that-defy-the-urban-planners>

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## Trapped in the echo chamber

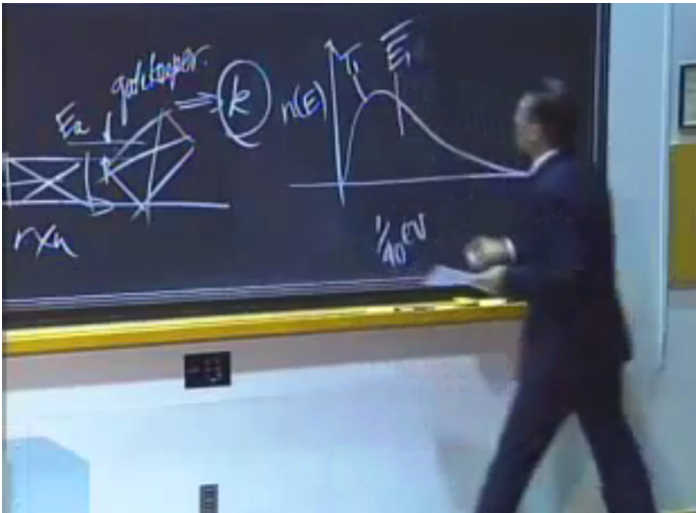


“Let’s call them ‘*echo chambers*’ and ‘*epistemic bubbles*’. Both are social structures that systematically exclude sources of information”

“Both exaggerate their members’ confidence in their beliefs. But they work in entirely different ways, and they require very different modes of intervention. An epistemic bubble is when you don’t hear people from the other side. An echo chamber is what happens when you don’t trust people from the other side” C Thi Nguyen

<https://aeon.co/essays/why-its-as-hard-to-escape-an-echo-chamber-as-it-is-to-flee-a-cult>

## Rules for teachers



You'll know we love John Cage's rules which we featured in a previous edition: <http://www.icp-intlab.org/wp-content/uploads/2017/03/lab-notes-june-17-ICP-International-Lab.pdf>

Here's a new take from Anne Boyer:

“conduct yourself in such a way that your students can eventually forget that you exist”

<https://thenewinquiry.com/some-rules-for-teachers/>

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## The value of being uncomfortable



*MONA tunnel. Photo: Sahra. Distributed under Creative Commons license.*

“Nowhere have I been asked to rate anything on its capacity to make me uncomfortable, to unnerve or challenge or confuse me. And the prompt for rating, the anxious question, ‘did you like it?’ arrives moments after the ‘consumption’ takes place. What if I were asked to think about what I’ve experienced and respond in a month, a year, a decade?”

Charlotte Wood

<https://sydneyreviewofbooks.com/reading-isnt-shopping/>



Website: <http://www.icp-intlab.org>

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**Let's stay in touch!!**

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 would love to hear from you: [info@icp-intlab.org](mailto:info@icp-intlab.org)

**With very best wishes from the International Lab team**