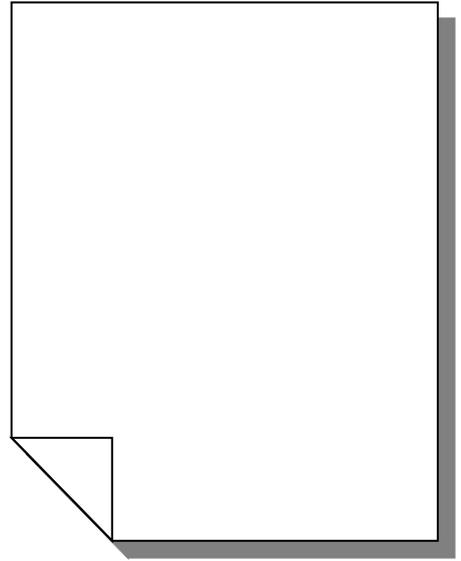


Our first ConnectED Talk!
Friday, October 17, 2014
An Information Literacy Event
25 ConnectED points



Here are some things that doodling can do . . .

improve concentration
help you stay focused
HELP YOU RELAX
ALLEVIATE BOREDOM
ease tension
IMPROVE MEMORY
HELP YOU GRASP NEW CONCEPTS
HELP YOU RETAIN INFORMATION

“A blank page . . . can serve as an extended playing field for the brain” (Shellenbarger, 2014, p. D1).

“It’s a thinking tool. It can affect how we process information and solve problems” (Sunni Brown quoted in Shellenbarger, 2014, p. D1).

“Doodles are spontaneous marks that can take many forms, from abstract patterns or designs to images of objects, landscapes, people, or faces. Some people doodle by retracing words or letters, but doodling doesn’t include note-taking” (Shellenbarger, 2014, p. D1).

A doodle can spark a “dialog between the mind and the hand holding a pencil and the eyes that perceive the marks on paper” (Goldschmidt, 2014, p. 442).

“Doodling aids concentration” (Andrade, 2010, p. 104).



“Kilroy showed up during World War II, when the American military traveled abroad. He was drawn on everything—airplanes, bombs, ships, even latrines” (McBride, 2005).

“Recent research in neuroscience, psychology and design shows that doodling can help people stay focused, grasp new concepts and retain information” (Shellenbarger, 2014, p. D1).

“When people are bored or doing a simple task, their minds naturally wander. We might think about our weekend plans, that embarrassing slip in the street earlier or what’s for supper.

Perhaps doodling, then, keeps us sufficiently engaged with the moment to pay attention to simple pieces of information. It’s like keeping the car idling rather than turning it off. On idle we’re still paying some attention to our surroundings rather than totally zoning out.

Obviously doodling is not a task you want to indulge in while concentrating on a complicated task, but it may help you maintain just enough focus during a relatively simple, boring task, that you can actually get it done better.

Research on doodling might sound a little trivial but it’s fascinating because it speaks to us about many facets of human psychology, including mind wandering, zoning out, attention and the nature of boredom. Plus it’s a really nice idea that doodling has a higher purpose, other than just wasting time and paper” (Dean, 2013).



give peace a chance



John Lennon was "unconventional and witty. He kept sketchbooks and notebooks throughout his life. His drawing style was wild. Controversial and often in the news for speaking his truth, he was beloved by his many fans" (McBride, 2005).

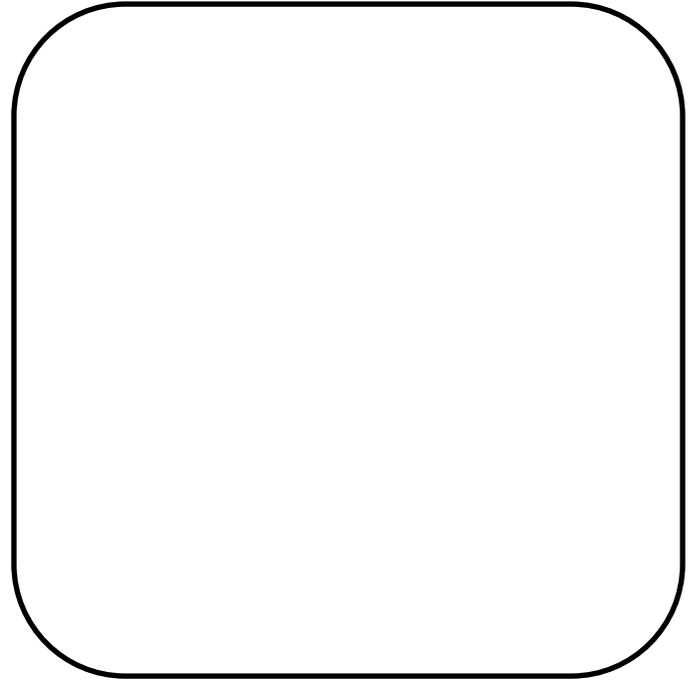
"We started with a single simple doodle, and just followed where it took us. It led us inevitably (at least implicitly) through beautiful elementary problems, the triangle inequality, area with multiplicity, winding numbers, topology, differential geometry, physics, a Hilbert problem, work of a number of Fields medalists, and current research in algebraic and hyperbolic geometry. In some sense our journey is a metaphor for mathematical exploration in general" (Vakil, 2011, p.129).



structured doodling?

A new art form known as the Zentangle is considered a "meditational art form" in that "by using repetitive patterns with deliberate strokes, one becomes engrossed in each stroke and a shift of focus—i.e., a heightened awareness in which your mind, instincts, and knowledge all work together" (Krahula, 2012, p. 9).

"Studies show that this type of activity increases mental retention, stimulates creativity, improves one's mood, can be calming during stressful situations, and can be used as a tool for anger management (Krahula, 2012, p. 9).



To me, Zentangle seems like structured doodling, especially since it's "created from a collection of patterns not meant to represent anything" (Krahula, 2012, p. 13).

APA CITATIONS

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