



Flow Learning Theory

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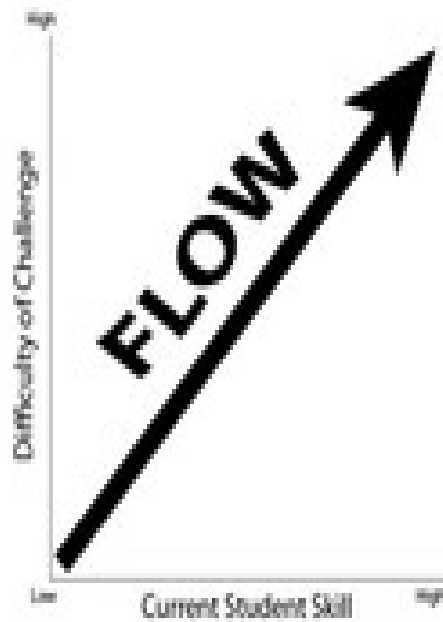
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What is Flow?

The optimal state of intrinsic motivation in which a person in an activity is fully immersed in a feeling of energized focus, full involvement, and success in the process of the activity.



Creating An Optimal Flow Experience

Components of Flow

- Achievable goals
- Concentration
- Clear goals
- Immediate feedback
- Deep, but effortless involvement
- Control over actions
- Self esteem



What does that mean?

- In the moment
- In the zone
- On fire
- In the grove

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History of Flow

- Mihaly Csikszentmihalyi began research in the 1960s
- Inspired by artist

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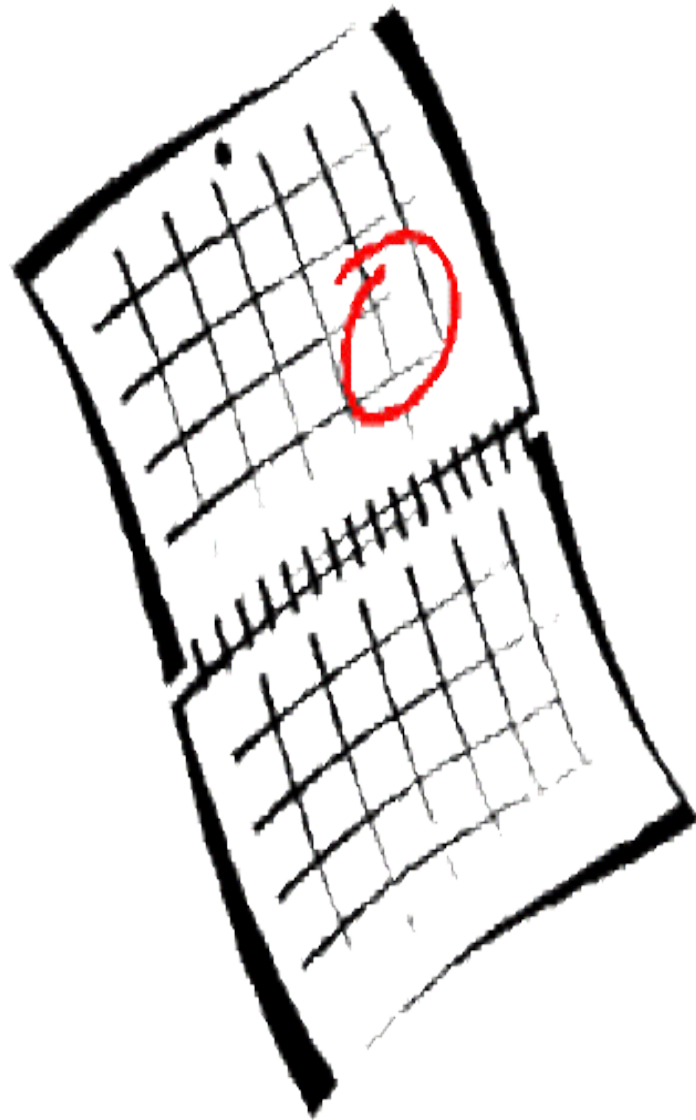
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Important Moments

- 1960-Csikszentmihalyi begins research
- 1975-Csikszentmihalyi names experience "Flow"
- 1980-90s-Research about Flow grows
- 1993-Csikszentmihalyi correlates Flow with optimal learning
- 1996-Csikszentmihalyi correlates Flow with optimal performance in teaching
- 1999-David Farmer develops similar definition of Flow.
- 2002-Jackson, Thomas, Marsh, and Smethurst correlate Flow with optimal athletic performance

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Use in Instructional Design

Goals: Acquire knowledge and skills in optimal conditions

Elements of flow

- Achievable goals
- Concentration
- Clear goals
- Immediate feedback
- Deep, but effortless involvement
- Control over actions
- High self-esteem

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Use in Instructional settings

- Most often found in hands on environment
 - Art classes
 - Physical Activities
 - Video games
- Allows students to manipulate the environment
 - Students are given the tools and skills while still having the freedom to determine the outcome

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- Began in the 1960s and was named in the 1970s
- Most accurately described as a state of ecstasy during an enjoyable activity
- Characterized by a loss of time and a lack of personal awareness