

My understanding of Csikszentmihalyi's "Flow and Success"

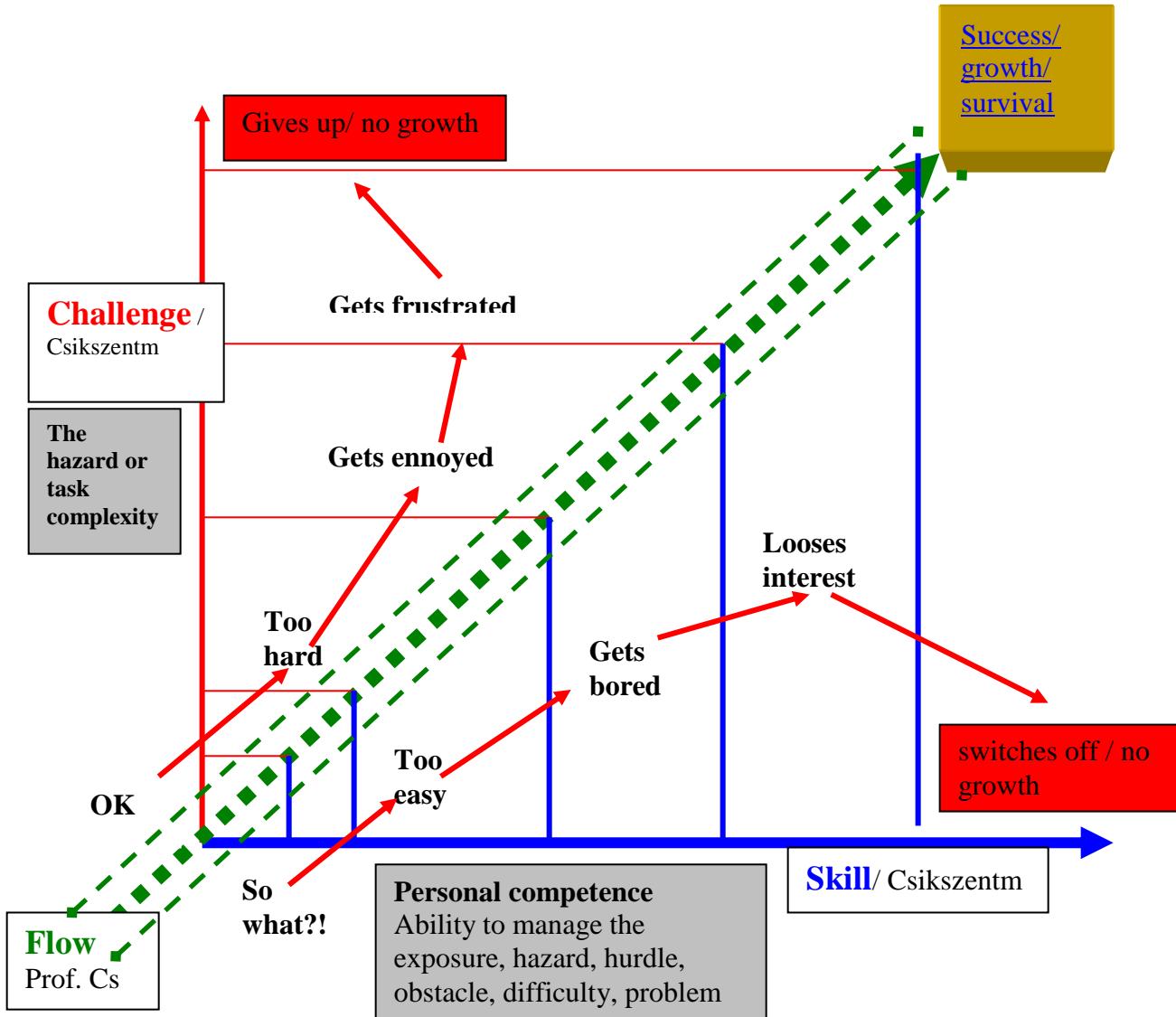
Frank ANTAL 2004

"Standing on the shoulders of giants we see better and farther "(A.Lincoln)

Prof. Csikszentmihalyi University of Chicago

"Creativity and Innovation: Managing Flow"

How to provide the RIGHT level feed in teaching/learning?



How to generate learner commitment?

The DRIVING POWER OF THE SURVIVAL INSTINCT/SELF FULFILLEMENT LEADS TO SUCCESS via Action.

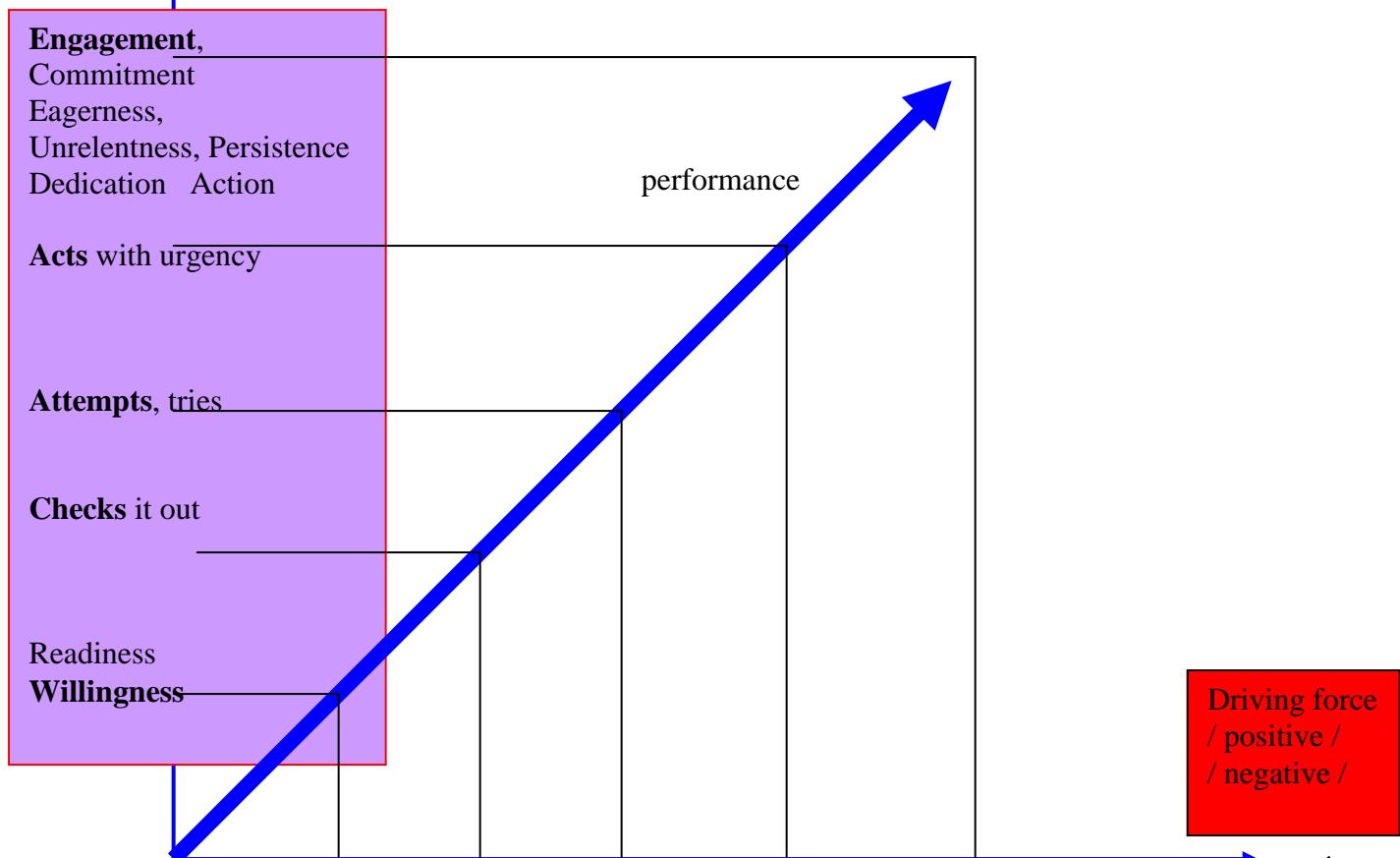
The continuum of commitment

An hierarchically ordered array of engaging but manageable challenges/hurdles. Each of which when successfully effected acts as a propelling/compelling/driving force and endows the actor with a sense of control, a comfort line/zone, an interest, a motivation, an urgency to proceed towards survival/success etc.

How to discover the ingredients?

Make an inventory of the driving forces you can harvest for whatever you undertake in order to estimate how successful you might be at it. In addition, the more passionate they are, the more likely that you will carry on acting promptly, persistently and focused, in order to succeed.

Activity level



Connects to p.3

