

RESTORING

OUR

ATTENTION



Beck Tench

PhD Candidate

University of Washington
Information School



First → Understanding attention

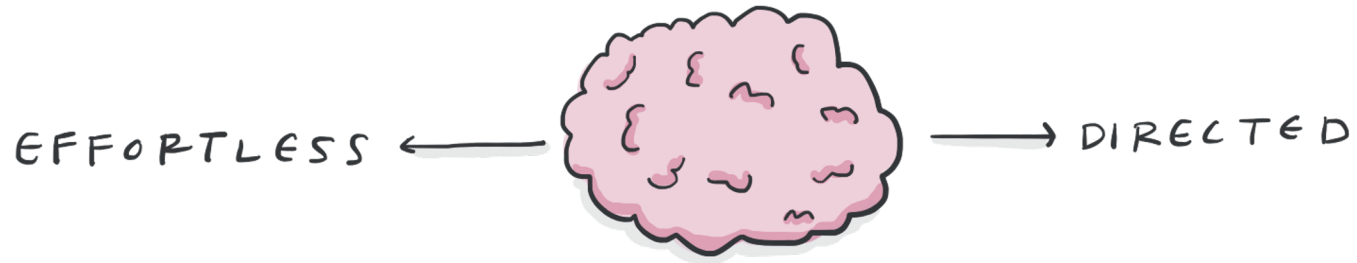
Then → Recognizing attention allies

Then → Recognizing attention adversaries

Last → Getting better at restoring attention


(ourselves
- AND -
others

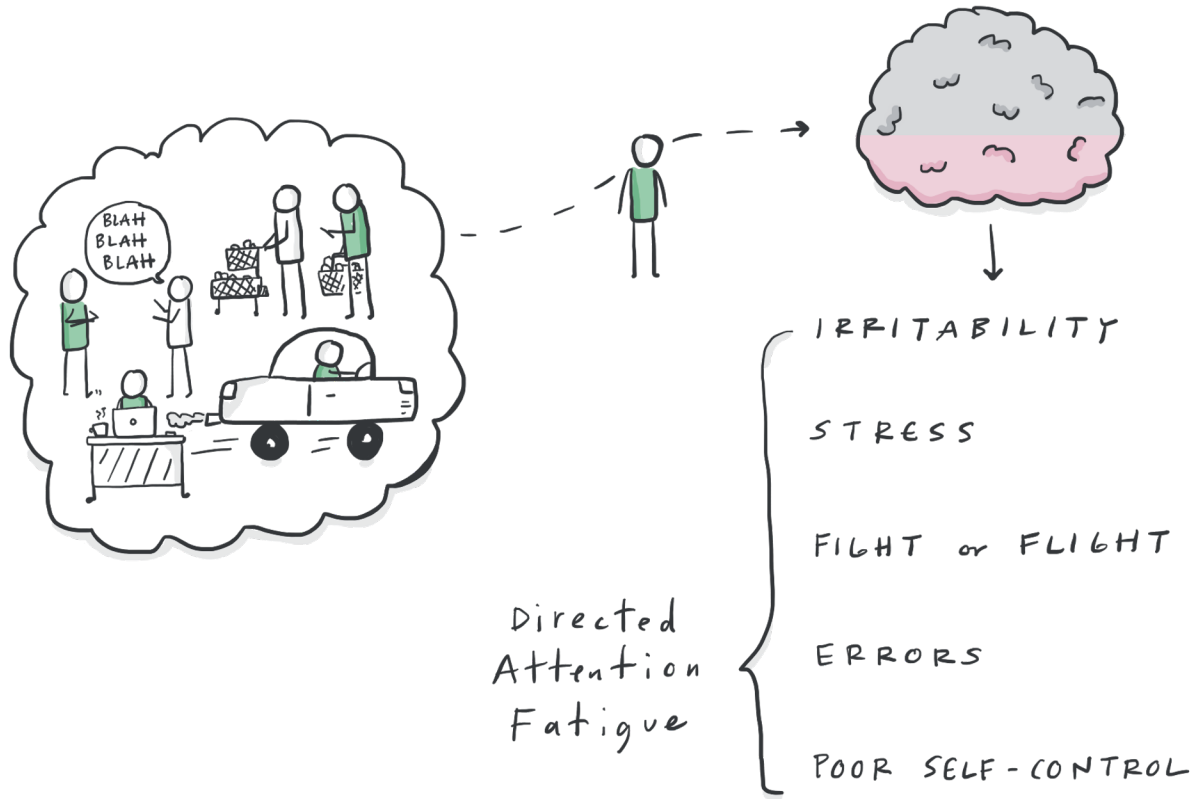
Two modes:



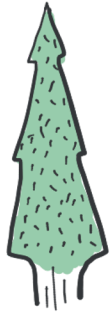
Demanding Environments :

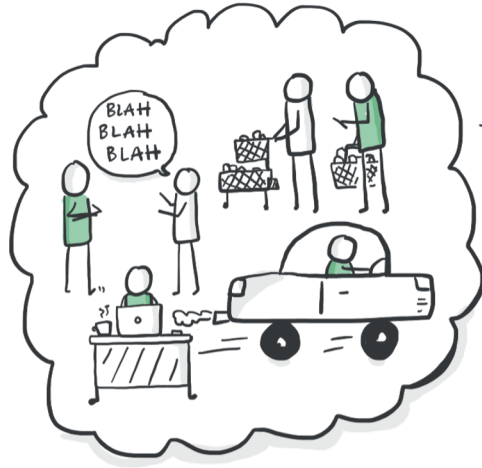


 Kaplan, S., & Berman, M. G. (2010). Directed Attention as a Common Resource for Executive Functioning and Self-Regulation. *Perspectives in Psychological Sciences*, 5(1), 43-57.



Restorative Environments :



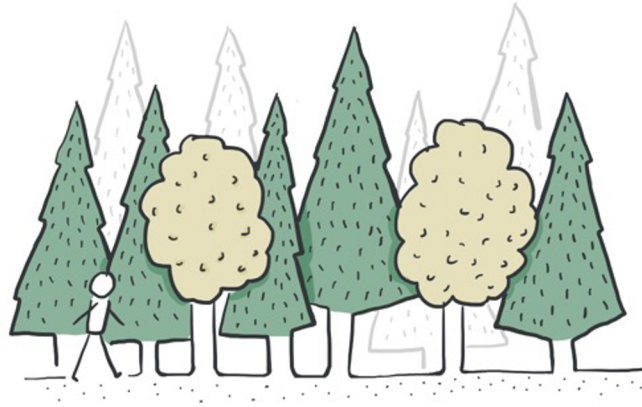


GOING to a



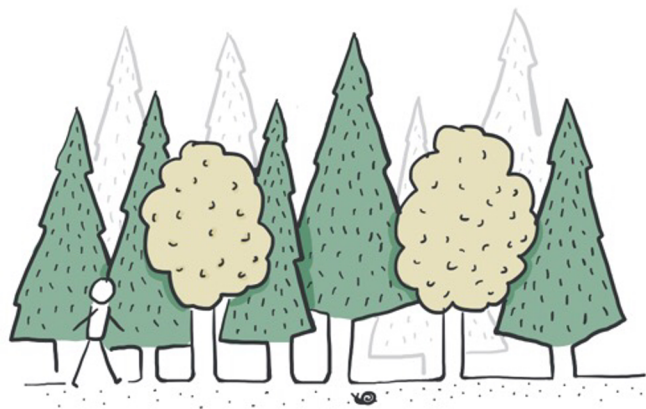
[RESTORATIVE
ENVIRONMENT]

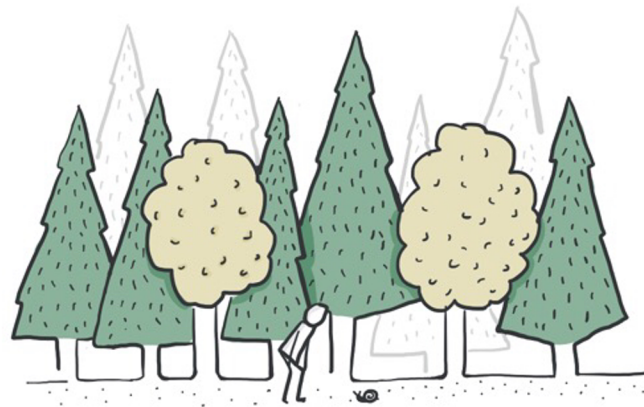
- ① BEING AWAY
- ② COMPATIBILITY
- ③ EXTENT
- ④ SOFT FASCINATION

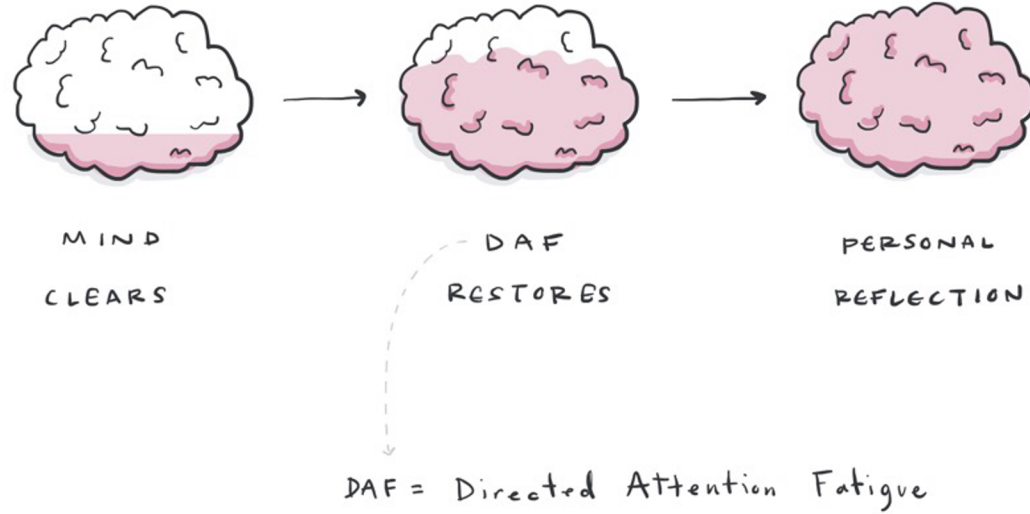


Basu, A., Duvall, J., & Kaplan, R. (2019). Attention Restoration Theory: Exploring the Role of Soft Fascination and Mental Bandwidth. *Environment and Behavior*, 51(9–10), 1055–1081.

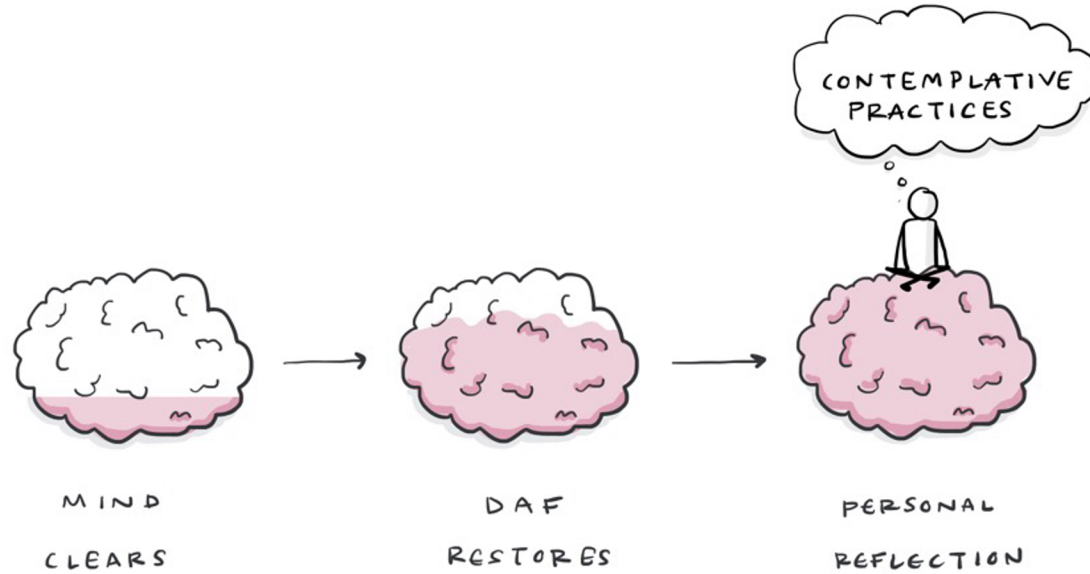


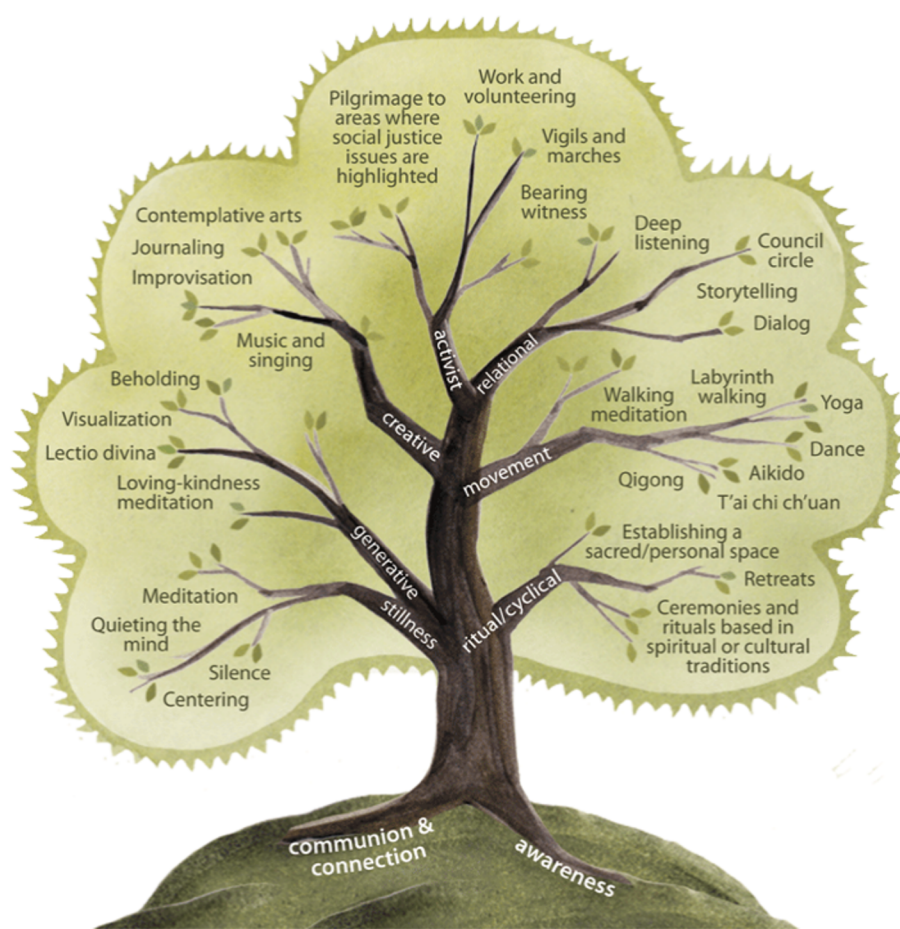






Herzog, T. R., Black, A. M., Fountaine, K. A., & Knotts, D. J. (1997). Reflection and Attentional Recovery as Distinctive Benefits of Restorative Environments. *Journal of Environmental Psychology*, 17(2), 165-170.







First → Understanding attention ✓

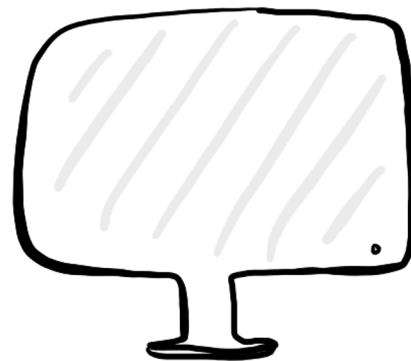
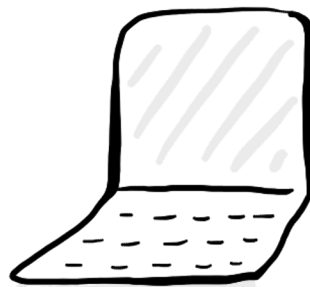
Then → Recognizing attention allies ✓

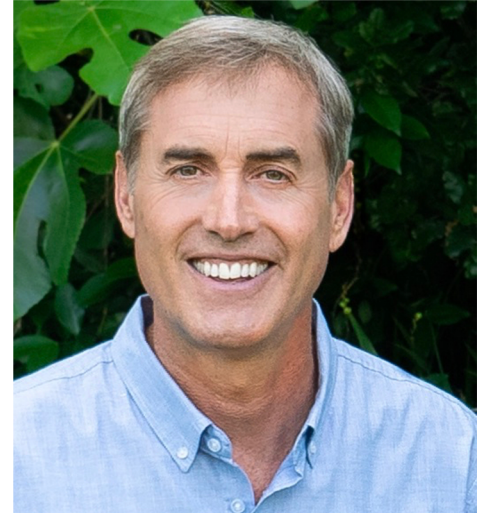
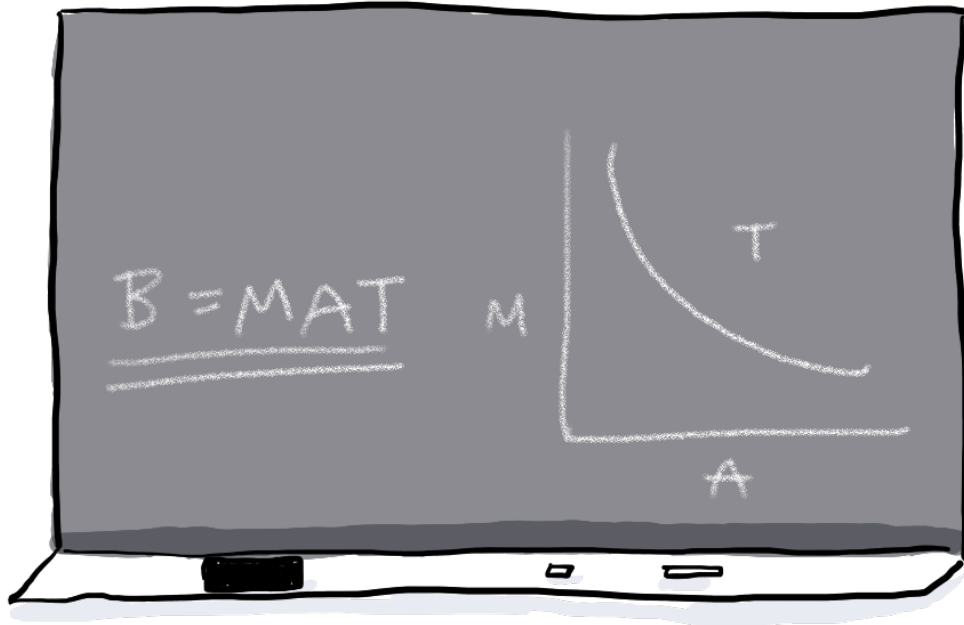
Then → Recognizing attention adversaries

Last → Getting better at restoring attention (ourselves
- AND -
others)

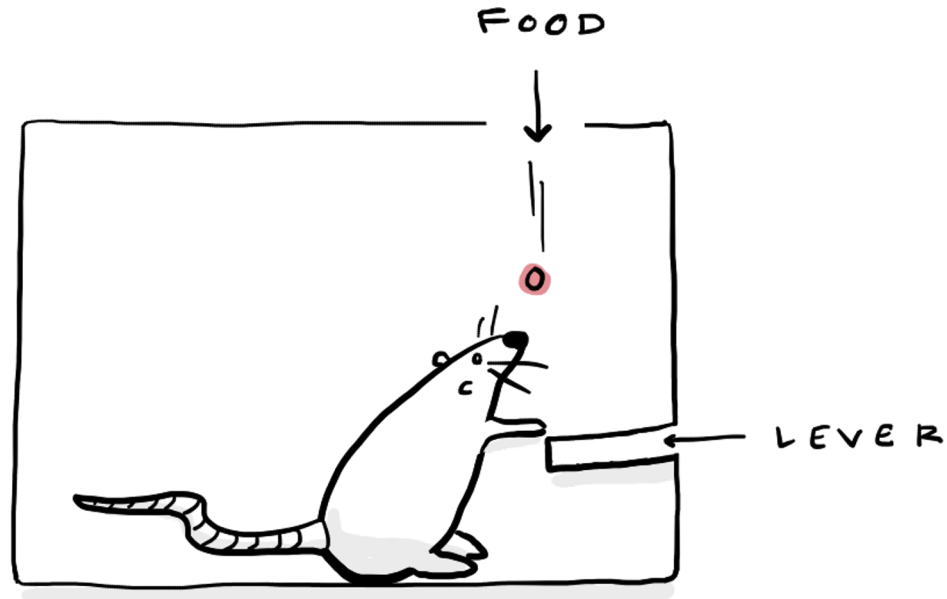
Demanding Environments :



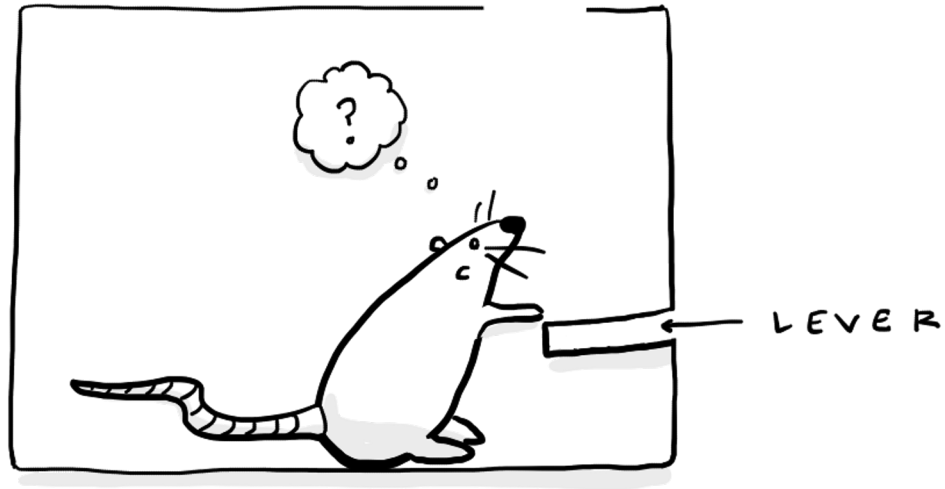


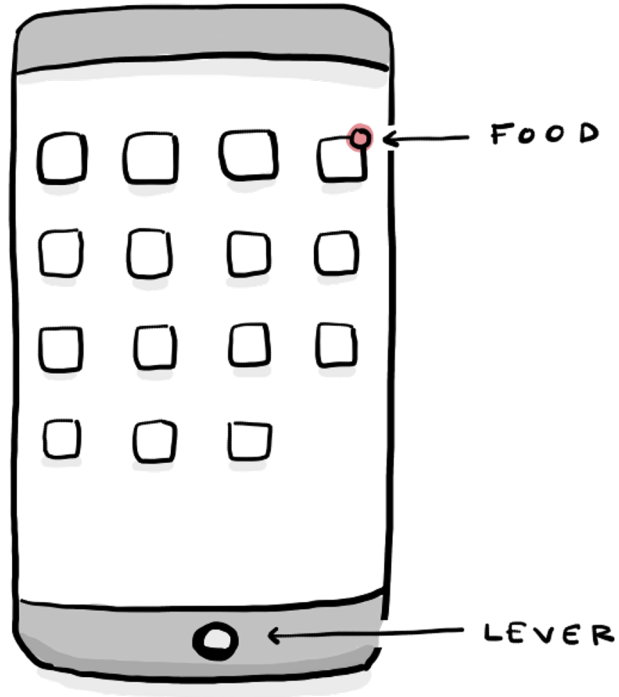


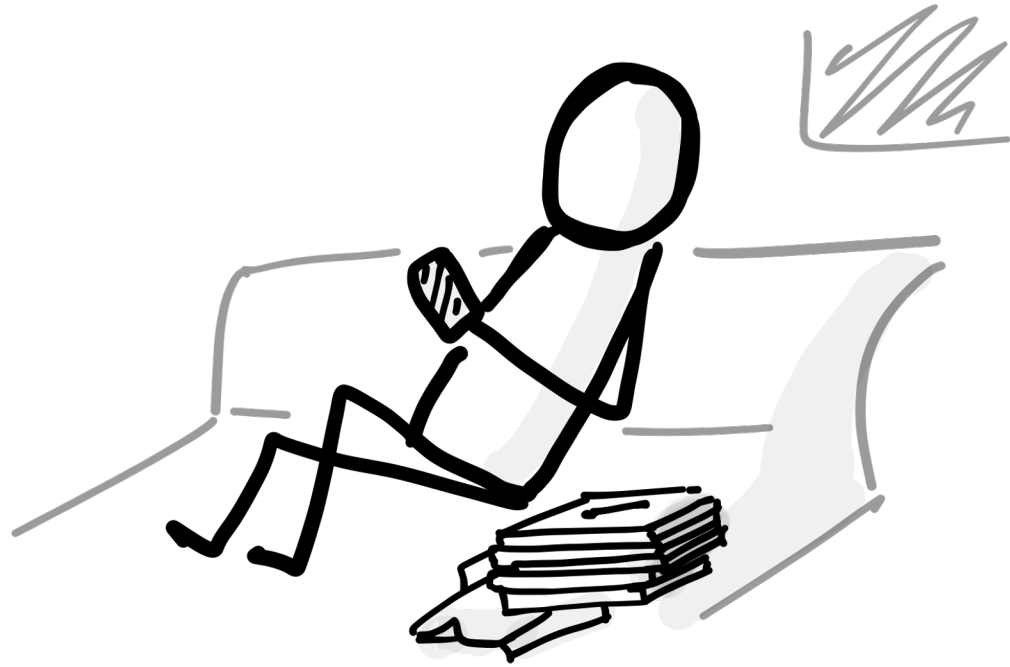
BJ FOGG

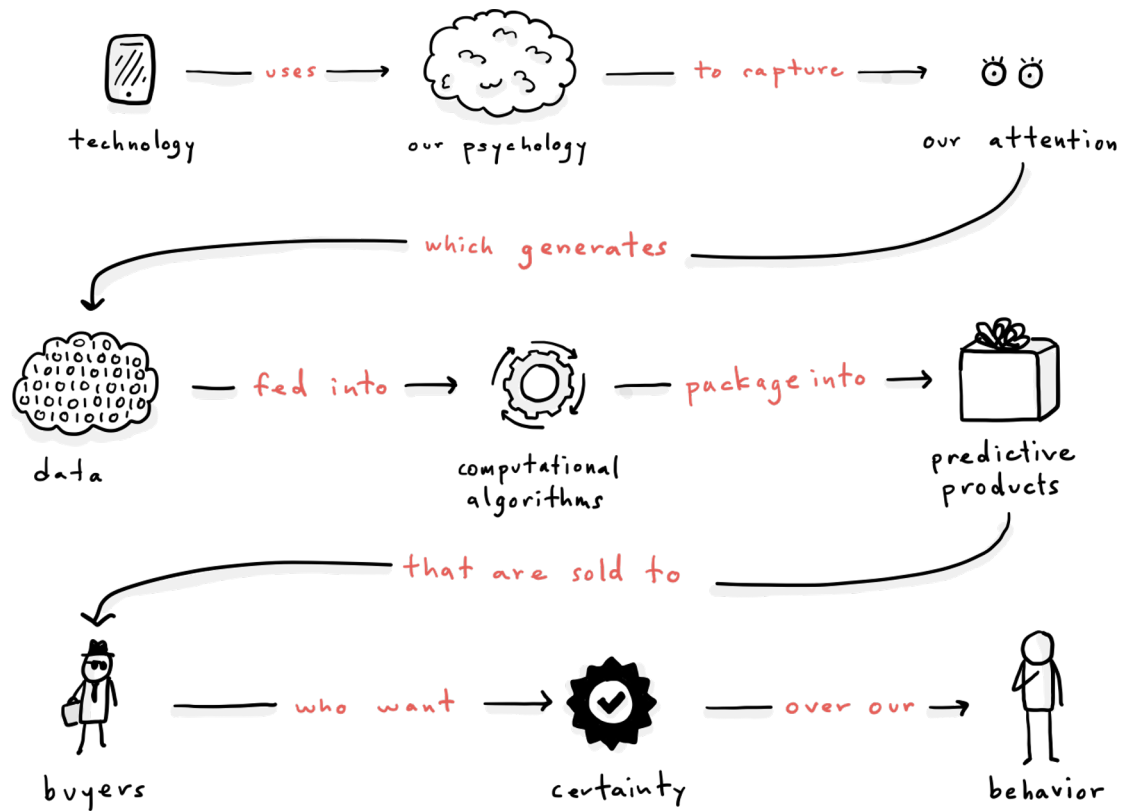


NO
FOOD













First → Understanding attention ✓

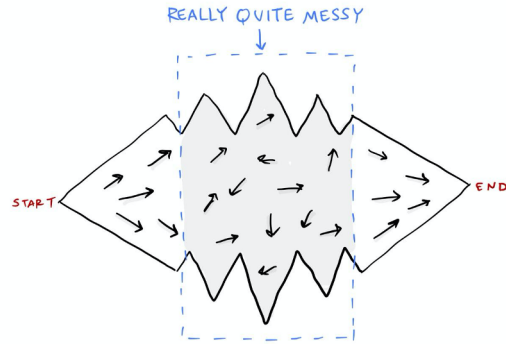
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INFO 360: Design Methods Syllabus

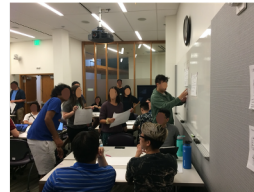
Instructor: Beck Tench, TA: Lisa Dirks
Information School, University of Washington



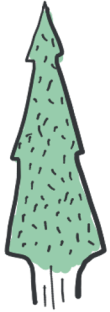
YOU ARE ABOUT TO BE A BETTER NOTICER. ✨

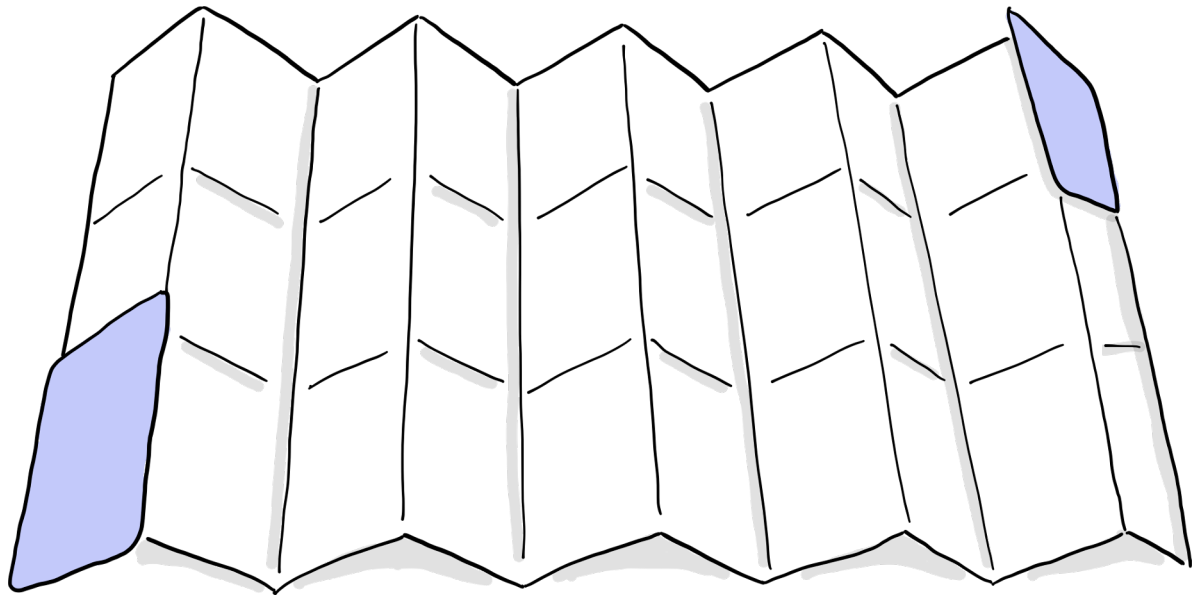
In this course, you will have the opportunity to notice yourself, others, campus, and technology in new and thoughtful ways. You will be asked to express your ideas, give them life, and let the weaker parts of them go. You will research, evaluate, and prototype your ideas into designs. You will get better at listening, drawing, and doing absolutely nothing at all. With support from your teachers, the UW community, and each other, you will explore undergraduate stress and work to alleviate it for yourself and others using an evidence-based design research project.

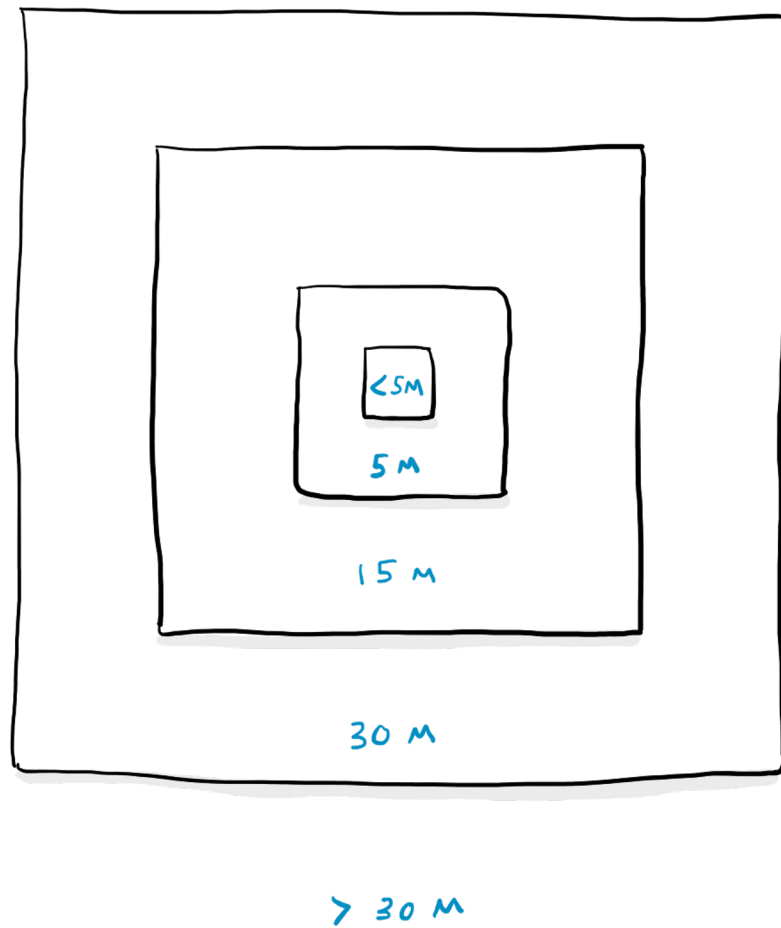
becktench.com/360 (syllabus)

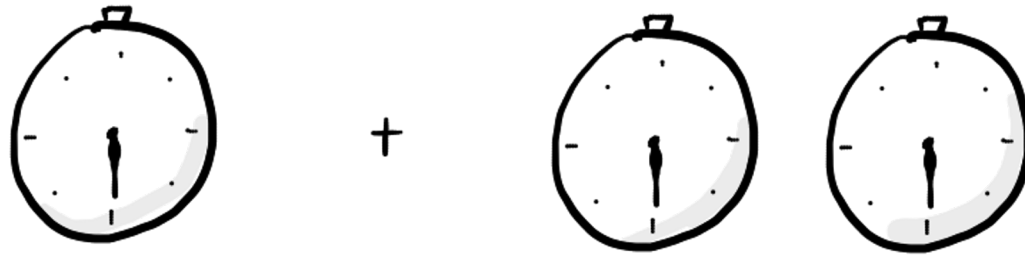


Restorative Environments :

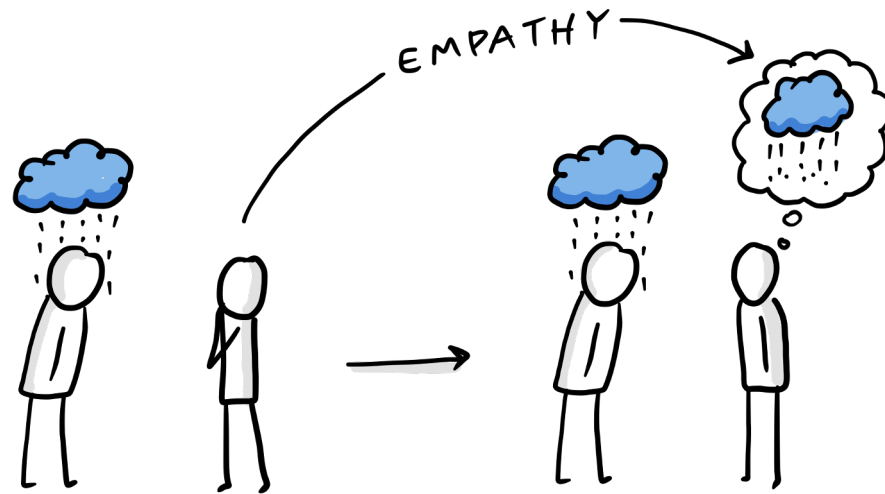
















MY NAME IS _____ AND I'M NOTICING _____! 👁️👁️

PLACE A
PICTURE FROM
WEEK ONE
HERE.

PLACE A
PICTURE FROM
WEEK TWO
HERE.

PLACE A
PICTURE FROM
WEEK THREE
HERE.

PLACE A
PICTURE FROM
WEEK FOUR
HERE.

PLACE A
PICTURE FROM
WEEK FIVE
HERE.

PLACE A
PICTURE FROM
WEEK SIX
HERE.

PLACE A
PICTURE FROM
WEEK SEVEN
HERE.

PLACE A
PICTURE FROM
WEEK EIGHT
HERE.

PLACE A
PICTURE FROM
WEEK NINE
HERE.

PLACE A
PICTURE FROM
WEEK TEN
HERE.

Describe what the experience of noticing has been like for you.
Would you recommend others notice this object (or something else)?
Does this object mean anything different to you now?

MOSTLY
FORGOT

ALWAYS
LOOKING

ME

SUPER
HARD

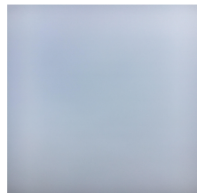
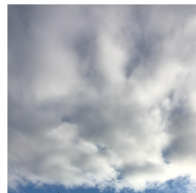
SUPER
EASY

OBJECT

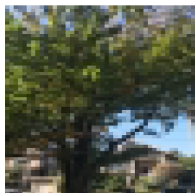
BANANAS



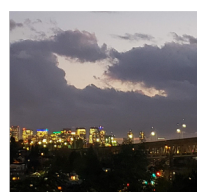
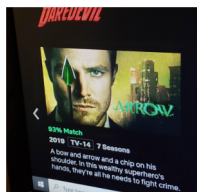
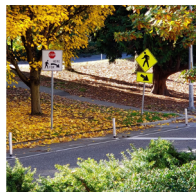
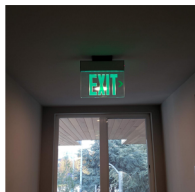
CLOUDS



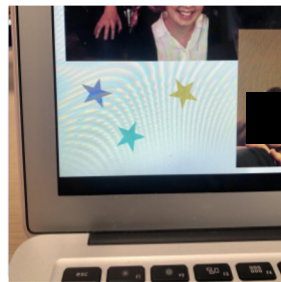
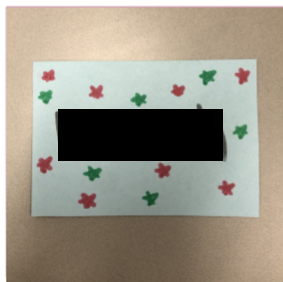
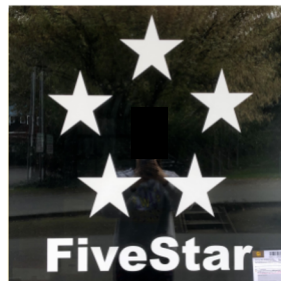
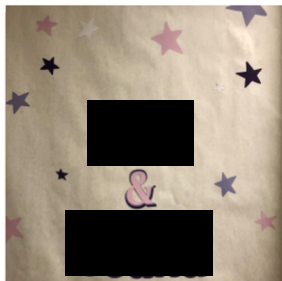
TREES



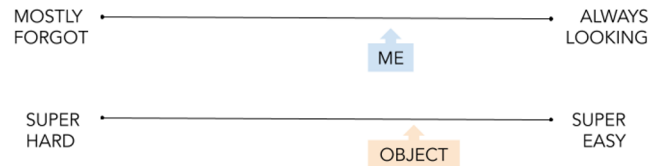
ARROWS



👋 MY NAME IS [REDACTED] AND I'M NOTICING STARS ! 👁️



I really liked noticing stars. Every time I saw one I felt myself smiling. I would recommend others to notice this object because it was not to difficult and gave me a sense of joy when I saw it. Noticing all these stars made me realize their universal meaning of achievement. I really resonate to the expression "reach for the stars" so much more now; this experience has actually made me appreciative of my experiences.





📖 Tan, C.-M., Goleman, D., & Kabat-Zinn, J. (2012). *Search Inside Yourself: The Unexpected Path to Achieving Success, Happiness (and World Peace)*. Harper Collins.

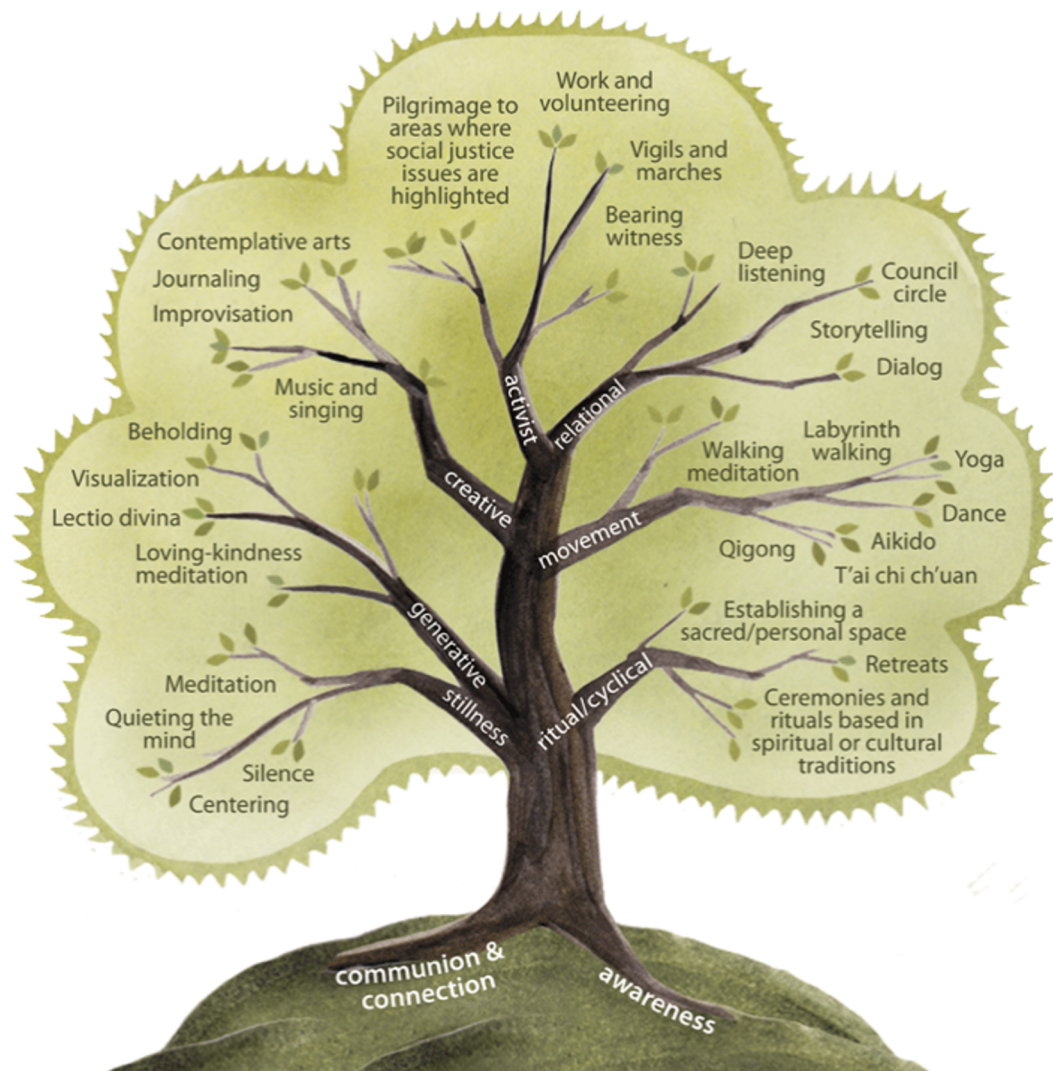


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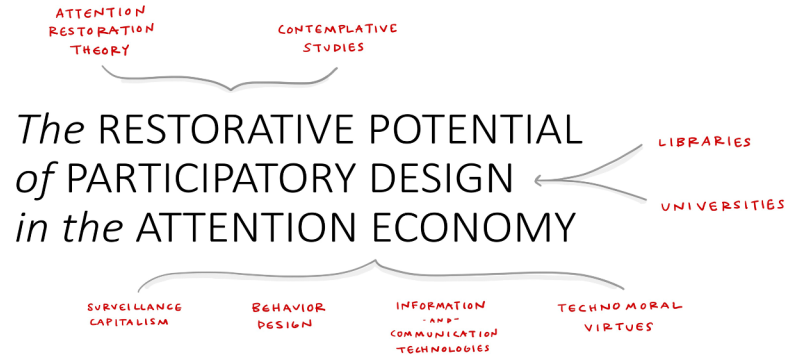
Last → Getting better at restoring attention ✓
— AND —
ourselves
others





Information School

UNIVERSITY *of* WASHINGTON



becktench.com/dissertation (in process)



Dr. David M. Levy (PhD advisor)

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