

Video Comprehension



Name:

Date:



Youtube: How to Feel Inspired When You've Lost Motivation

To watch the youtube video just scan the QR code.

<https://www.youtube.com/watch?v=0Y8zNvLBP9U>

True or False?

Inspiration was once considered unscientific.

☐ True ☐ False

Researchers hypothesize that there are three distinct processes that make up the experience of inspiration.

☐ True ☐ False

The default mode network is involved in generating ideas, while the executive attention network is important in selecting ideas, working together to give that "aha" moment.

☐ True ☐ False

Researchers found that those who drifted into N1 for at least 15 seconds were less likely to identify a hidden rule to complete the task, compared to those who had remained awake.

☐ True ☐ False

What are the two distinct processes that make up the experience of inspiration?

Explain the importance of both inspiration and effort in the creative process.

Describe the interplay of the default mode network and the executive attention network in creative thinking.
