

Discovering & Promoting Moments of Flow in the Classroom

Course Title & Number _____ Date _____

Step 1 instructions: First, please circle the number of the four most common moments in today's class, then briefly describe each moment. Next, on the backside of this sheet, please rate the conditions that did or did not promote flow.

Classroom moment	Psychological states instructor	Psychological states* students	Description of the classroom moment.
Mutual Flow			
1	<i>flow</i>	<i>flow</i>	
Instructor Dominated Flow			
2	<i>flow</i>	anxious	
3	<i>flow</i>	bored	
4	<i>flow</i>	apathetic	
Student Dominated Flow			
5	anxious	<i>flow</i>	
6	bored	<i>flow</i>	
7	apathetic	<i>flow</i>	
Mutual Non-flow			
8	anxious	anxious	
9	bored	bored	
10	apathetic	apathetic	
Non-mutual Non-flow			
11	bored	anxious	
12	bored	apathetic	
13	apathetic	anxious	
14	anxious	bored	
15	apathetic	bored	
16	anxious	apathetic	

* Definitions of Psychological States

Flow: *Cheerful, excited, focused, and alive.*

Anxiety: *Irritated, out-of-control, confused, and fearful.*

Boredom: *Unsatisfied, overqualified, under stimulated, and unchallenged.*

Apathy: *Weak, lethargic, passive, and trapped.*

Step 2 instructions: Using the 6-point scale below, please indicate how certain you are that the conditions of flow or non-flow were present in today's class for a) the instructor and b) the students.

1 **2** **3** **4** **5** **6**
Very uncertain **Uncertain** **Somewhat uncertain** **Somewhat certain** **Certain** **Very certain**

Flow Conditions & Indicators	Instructor	Students
<i>1. The goals and objectives of the class today were clear.</i>		
<i>2. Today's class was quite challenging.</i>		
<i>3. Today's class required a high level of skill & knowledge.</i>		
<i>4. What we did today was not too hard or too easy.</i>		
<i>5. The feedback for achieving today's goals was clear.</i>		
<i>6. The feedback for achieving today's goals was continuous.</i>		
<i>7. There were very few distractions.</i>		
<i>8. Time flew fast.</i>		
<i>9. There was very little self-consciousness.</i>		
<i>10. What we did today required much coordination & cooperation.</i>		
<i>11. What we did today was quite meaningful.</i>		
<i>12. Today's class was definitely interesting.</i>		
<i>13. Today's class was highly absorbing.</i>		
<i>14. Today's class was very enjoyable.</i>		

- - - - - **Comments & Recommendations** - - - - -