A BRIEF REFLECTION ON TEACHING.
A brief reflection on teaching
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Default Mode Network (DMN)
Most active when we are not engaged in specific tasks etc… a “resting state”

A brief reflection on teaching

DMN disruptions may lead to, *inter alia*:

- Anxiety,
- Paranoia
- Sleeplessness
- Depression
- …
A brief reflection on teaching

Lecture (in ENGLISH):
https://www.youtube.com/watch?v=VBopndZ4uhl&t=584s
A brief reflection on teaching

Digital overuse may lead to, *inter alia*:
- Anxiety,
- Paranoia
- Sleeplessness
- Depression
- ...
A brief reflection on teaching
WE ARE HUMAN BEINGS - NOT MACHINES
WE NEED HUMAN BEINGS - NOT MACHINES

TARKOVSKI (?)
If you are an aspiring leader, and you don’t spend at least a couple of hours a day alone, in silence, thinking, you will never be successful.

Marcus Aurelius (?)
121-180 A.D.