



DIVISION OF
Arts and Sciences

Arts and Sciences Division
900 N. Portland Avenue, LRC 331
Oklahoma City, OK 73107
P: 405.945.6718
www.osuokc.edu

Dear Arts & Sciences Students, Faculty, and Staff:

Hello, I am Jason Stone, the Division Head of Arts & Sciences at OSU-OKC. Let's continue our conversation about your future. I am delighted that you chose to invest in yourself and attend to the next video in our series about the Habits of the Mind. The Habit that we are stressing in this video is gathering data using all your senses.

The Habits of the Mind authors, Costa & Kallick stress the importance of this habit in developing situational awareness. If you are only using one of these senses and not attending to the other channels, chances are good that you are not getting a full, rich, and complete picture of your interactions with others.

Has anyone ever told you that, "it was not what you said; it was how you said it?" This person is picking up on paralanguage, or how things are said. Or maybe someone says, "Yes", and shakes their head "No". Perhaps one of your friends has been acting "weird" and every time you walk into a room, they leave like they are hiding from you. These are all examples of non-verbal communication. This subject is taught in a number of courses at OSU-OKC. To learn more about when to trust nonverbal and when to ignore them, enroll in SPCH 2723, Interpersonal Communication. Nonverbal communication attends to how things are said, and what goes unsaid in a conversation. Joe Navarro, a 20 year veteran of the FBI wrote an interesting book titled *What Every Body is Saying*. Navarro asserts that controlling nonverbal communication is tougher than a lot of people realize. Attending to your nonverbal communication and the nonverbal communication of those around you is an excellent habit to cultivate, and essential to gathering data through all your senses.

We've briefly touched on why listening and watching are important information gathering tools. Let's briefly examine your sense of touch. Some people are incapable of remembering phone numbers without acting as though they are dialing. Your brain has a remarkable ability to lay down new pathways and rewire itself. Some students report that they have a dominant kinesthetic learning style. In other words, they have to do something to learn it. Gathering data through your sense of touch helps you understand that thing or concept more completely.

Finally, I will address smelling and tasting together, because your sense of smell and taste are so closely related. Many neuroanatomy findings in the last several years have underscored the importance of smell to long-term memory. Many research study participants report being taken back scores of years by a fragrance.

Please join me and attend to the other videos in this series. Invest in yourself and your future. Attend to your thinking habits. Your mental habits will determine how far you go. Thank you for your time and attention.



DIVISION OF
Arts and Sciences

Arts and Sciences Division
900 N. Portland Avenue, LRC 331
Oklahoma City, OK 73107
P: 405.945.6718
www.osuokc.edu

Have a great day and "Go Pokes!"

Jason Stone
Division Head, Arts & Sciences
LRC 332
Phone: 405.945.3296
Email: esto@osuokc.edu