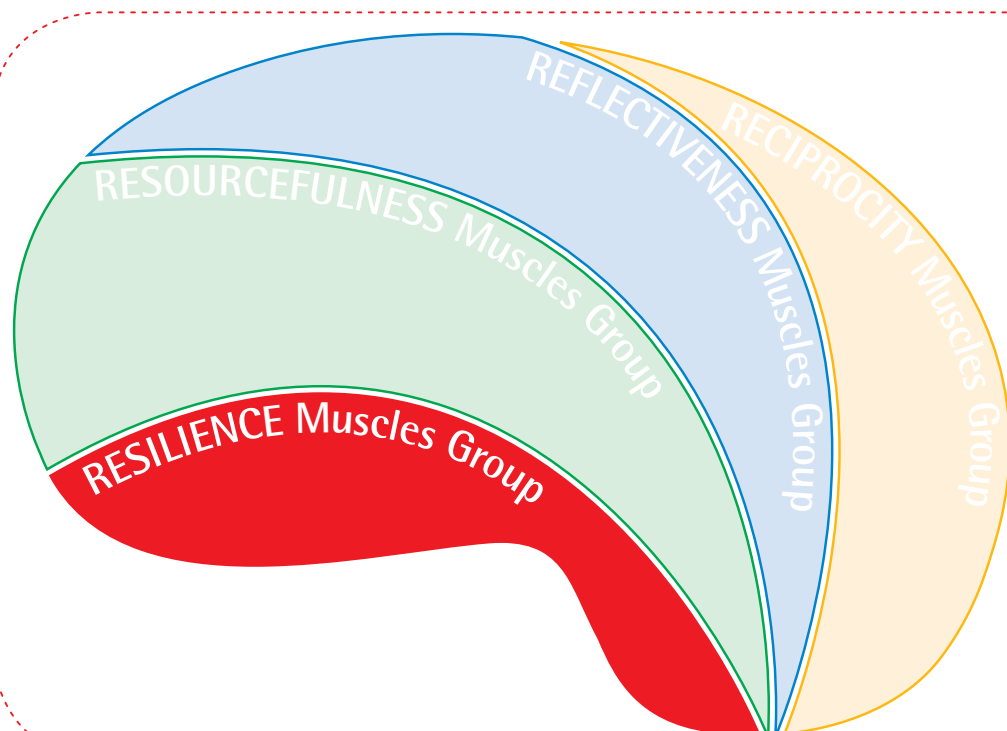


# Linking Ideas — Absorption

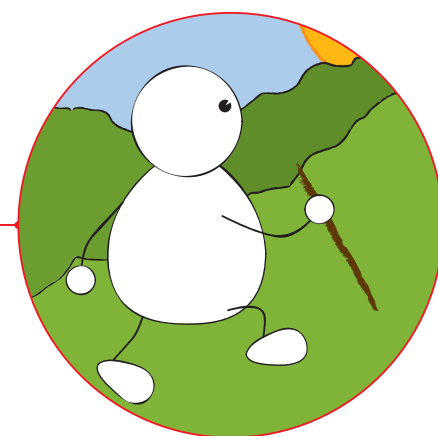
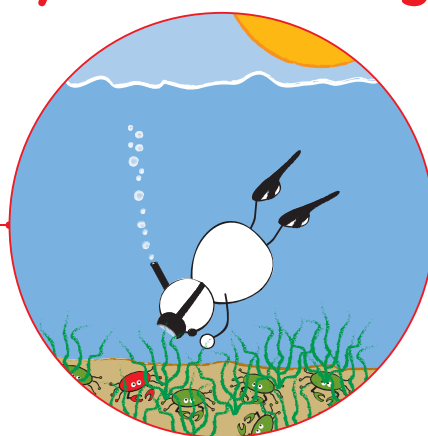


## Resilience — Absorption

When you use this learning muscle, you ...

- become engrossed in what you are doing
- may not be aware of the passing of time
- find being absorbed satisfying and rewarding
- like the feeling of being stretched in your learning.

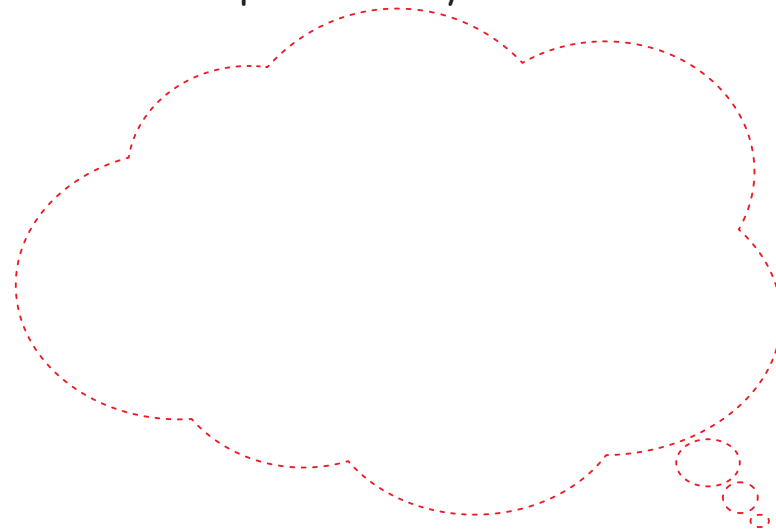
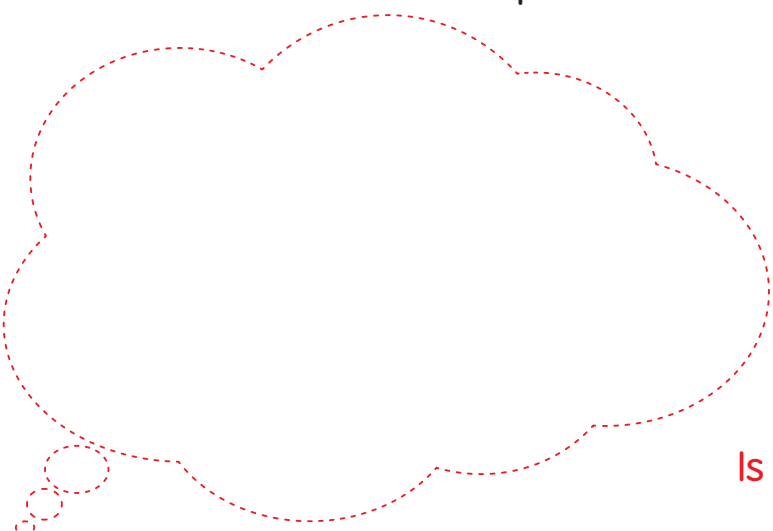
**Which of these pictures best conveys the idea being absorbed?**



What makes you say that?

Think of the familiar figure of an absent-minded professor, like Professor Calculus from the Tintin books. What are the characteristics of such a person?

What helps them stay so absorbed?



Is being totally absorbed always a good thing?



What do we mean when we say ...

“ Time flies when you’re having fun.  
I lost all track of time.  
I lost myself.

