

8 January 2018



#1: Our visual imagination — the mind's eye — has a narrow bandwidth

ARTICLE: It can indeed be shown that there are severe limitations to our visual imagination. We use visual imagery when we remember the past and plan for the future; when we retain and manipulate visual information in our working memories; it even plays a role in our moral judgments, and our intentions to help others. The capacity limits to visual imagery we have discovered will likely influence the amount and quality of information we are able to maintain and process during any of these situations. These limitations to our imagery can constrain what we are able to achieve, both in daily life and in therapeutic interventions. For now, the jury is still out as to whether or not our capacity for visual imagery can be improved .

SOURCE: [Undark](#)



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#2: How to deliver your presentation in half the time allotted

ARTICLE: It's not uncommon for presenters to be suddenly told that their allocated time has been cut down. Nothing catches a speaker off guard as much as these abrupt decisions. Rather than rush through your slides by speaking quickly, it is better to have a "Plan B" wherein you can cut down on the slides but not lose the message. Here's how.

SOURCE: [Fast Company](#)



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#3: 6 reasons why we self-sabotage — shoot ourselves in the foot

ARTICLE: Call it getting in your own way, call it self-defeating behaviour, call it accidentally-on-purpose shooting yourself in the foot. Whatever you call it, if you have a goal, you can make sure it doesn't happen with self-sabotage. Self-sabotage is any action that gets in the way of achieving your goals.

SOURCE: [Quick and dirty tips](#)



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#4: Applying McLuhan's Tetrad to the smartphone



LONG ARTICLE FOR HARDCORE READERS/ INFOGRAPHIC: McLuhan's tetrad serves as a framework for analysis, consisting of a set of four effects to examine media in their historical context and present environment as well as the characteristics and attributes of the medium itself.

SOURCE: [Glocality](#)



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Curated and enhanced content, once a week

This is a newsletter of curated content directed at people who are tired of reading nothing but bad and depressing news in the mainstream media. The content in this site will be of interest to:

- People who like to think critically.
- People who like to teach young minds how to think critically.
- People who like to communicate - speaking, writing, engaging in forums - critically assessed information to interested audiences; I would like to offer Richard Saul Wurman's phrase, "Information architect", as a descriptor.

Arjun Rajagopalan



My professional life of four decades was spent as a surgeon, educator and medical administrator. I am now retired from active practice and when I reflect on my life and ask myself what did I do that could be now redirected to a larger audience, three things pop up: thinking, teaching, talking.