OF HEDGEHOGS AND FOXES

And other things you need to know to be a successful and happy researcher.
ARCHILOCUS:

The fox knows many things, but the hedgehog knows one big thing
ISAIAH BERLIN

HEDGEHOGS HAVE A SINGLE GRAND IDEA THAT THEY APPLY TO EVERYTHING; WHILE FOXES COME UP WITH A NEW IDEA FOR EVERY SITUATION.
HEDGEHOGS

- Plato
- Dante
- Dostoevsky
- Nietzsche
- Proust
FOXES

- ARISTOTLE
- SHAKESPEARE
- GOETHE
- BALZAC
- JOYCE
AN INITIAL CONSIDERATION

- ARE YOU A FOX OR A HEDGEHOG?
A SECOND CONSIDERATION

- ARE YOUR RESEARCH COLLEAGUES, TEACHERS, AND MENTORS, FOXES OR HEDGEHOGS?
BECAUSE IT PLAYS A PART IN DETERMINING ONE OF THE TWO CONTRIBUTORS TO BEING SUCCESSFUL....AND HAPPY RESEARCHERS
AND THE TWO ARE:

(1) THE ABILITY TO FORM GOOD RELATIONSHIPS

(2) HAVING AN INTERNAL LOCUS OF CONTROL
AND IRONICALLY I’VE DEVOTED MY RESEARCH CAREER TO THESE TWO CONCEPTS
TO FURTHER UNDERSTAND RELATIONSHIPS YOU NEED TO KNOW FROM WHENCE YOU COME
MOST OF YOU ARE PART OF THE MILLENIAL GENERATION

1. GENERATION “ME”

2. CONFIDENT & TOLERANT & ENTITLED & NARCISSITIC

3. UPBEAT ABOUT THE FUTURE: THE BEST IS YET TO COME
4. WEALTH IS IMPORTANT, BUT NOT POLITICS

5. ARE “TROPHY KIDS”

6. EXPECT MUCH, MUCH MORE OUT OF WORKPLACE

7. PETER PAN, BECAUSE OF YOUR DELAY OF ADULTHOOD
8. AND MOST IMPORTANT OF ALL YOU HAVE GROWN UP WITH TECHNOLOGY: THE FIRST TO HAVE COMPUTERS FROM BIRTH ONWARDS.
WHAT ARE THE RELATIONSHIP IMPLICATIONS OF BEING SO INVOLVED WITH TECHNOLOGY?
MILLINIALS, MORE THAN ANY OTHER PAST GENERATION, MAY LACK ENOUGH INTERPERSONAL EXPERIENCE TO LEARN THE LANGUAGE OF RELATIONSHIPS WHICH IS:

NONVERBAL LANGUAGE
Are you in a good relationship with one of your parents?
Do you draw strength from at least one other person?
HOW IMPORTANT ARE RELATIONSHIPS?

Photographs and surgery
How important are relationships?

- The best predictor of adult psychopathology is how well you formed relationships as children.
More than one out of every two marriages ends in divorce
According to the CDC, 1 out of 3 typical elementary students report feeling prolonged sadness, hopelessness, and being unconnected with others.
Nearly 1 out 10 typical elementary students have thought of attempting suicide.
The fastest growing diagnostic groups are those that have at their core an inability to relate: such as autism spectrum disorders and depression.
PHASES OF A RELATIONSHIP

CHOICE...BEGIN...DEEPEN....END
COMMUNICATION, communication

COMMUNICATION
Nonverbal social behavior refers to all those human responses which are not words (either spoken or written and convey meaning).
Nonverbal behaviors include…

- Facial expressions
- Paralanguage (Prosody)
- Body movements (Kinesics)
- Gestures
- Touching
- Proxemics (Personal space)
- Objectics (What we put on ourselves)
1. DIFFERENCE BETWEEN VERBAL AND NONVERBAL LANGUAGE

- Verbal language is more *discrete* and can be *stopped at will* while...

- Nonverbal communication is more *continuous and difficult to stop*. 
2. DIFFERENCE BETWEEN VERBAL AND NONVERBAL LANGUAGE

- Nonverbal language takes place more out-of-awareness than verbal language.
Verbal language mistakes usually have a negative intellectual impact.
Panda Mating Fails---Veterinarian Takes Over
Baptism ceremony will be held at the 11AM service.

Babies will be baptized at both ends.
Easter service will be at 10 AM; Mrs. Markum will lay an egg on the altar
The new mothers club will meet next Wednesday at 7PM. Anyone wanting to be a new mother please meet with the Pastor in his office.
Nonverbal errors usually have a negative emotional impact
DYSSEMIA

- **DYS** = INABILITY
- **SEMIA** = SIGNS

*AN INABILITY TO PROCESS SIGNS*
THE DYSSEMIC CORE
THE SECOND TRAIT YOU NEED TO BE A SUCCESSFUL...AND HAPPY RESEARCHER

LOCUS OF CONTROL
...is how you perceive what happens to you.

...if you see a connection between your actions and what happens to you \textbf{INTERNAL}

...if you don’t see a connection between your actions and what happens to you = \textbf{EXTERNAL}
Locus of Control as a Master Variable
HOW DO INTERNALS DO IT AND WHY IS IT IMPORTANT FOR BEING A SUCCESSFUL AND HAPPY RESEARCHER?
1. PERSISTENCE

2. DELAY OF GRATIFICATION

3. TAKE RESPONSIBILITY FOR THEIR ACTIONS

4. GATHERING OF INFORMATION
WORK ON FORMING THE BEST POSSIBLE RELATIONSHIPS YOU CAN WITH COLLEAGUES, TEACHERS, ADVISORS AND MENTORS AND PAY SPECIAL ATTENTION TO YOUR ENDINGS;

AND WHEN YOU FAIL, LOOK BACK OVER WHAT YOU DID TO FIND OUT WHAT YOU DID RIGHT AND WHAT YOU DID WRONG SO YOU CAN BEGIN YOUR NEXT SET OF RELATIONSHIPS BETTER
BE AS INTERNALLY CONTROLLED AS THE SITUATION ALLOWS; WHEN YOU FAIL, AS YOU WILL, FIND OUT IF YOU WERE TOO EXTERNAL OR TOO INTERNAL FOR THE SITUATION AND RECALIBRATE FOR THE NEXT OPPORTUNITY.
LEARNING NONVERBAL LANGUAGE AND AN APPROPRIATE INTERNAL LOCUS OF CONTROL DEPENDS ON BEING IN CIRCUMSTANCES DURING WHICH YOU FEEL SUPPORTED, NURTURED AND ALLOWED TO LEARN THROUGH YOUR MISTAKES.

FIND CLASSES, FRIENDS, RESEARCH GROUPS, LABS AND WORKING RELATIONSHIPS THAT PROVIDE THOSE CHARACTERISTICS.
AN EXAMPLE OF THE KIND OF EXPERIENCE AND CIRCUMSTANCES NECESSARY FOR LEARNING NONVERBAL SKILL AND INTERNAL LOCUS OF CONTROL

THE PADOVANOS