

Bloom's Questions on The Art of Learning  
Chapter 16: Searching For the Zone

Remember:

Where did Josh go to improve his physical and mental performance?

After reviewing the notations of his games, what did Josh discover about the correlation between how long he thought about a move and how well he played?

Understand:

Why, after training at the LGE, could Josh now think for 30 or 40 minutes at a very high level?

Clarify why Josh's chess moves were more inaccurate when he spent 20 or more minutes thinking about them.

Apply:

What do you think would have happened to Josh's chess career had he not gone and trained at the LGE?

Can you explain a time in your own life when you have been so mentally or physically exhausted that you just couldn't focus anymore?

Analyze:

What is the main idea of this chapter?

Aside from wanting to improve his chess game, what other motives, if any, did Josh have for wanting to train at the LGE ?

Evaluate:

How do you think you would handle the pressure of being in a high-stakes situation like Josh was?

How can you use the knowledge gained from this chapter to improve your own lives?

Create:

Can you devise a plan to implement techniques to release physical and mental tension from your own life?

Design a test to see in which areas of your life you may focus too much or too little.