THERE WILL BE NO REGULAR 8th PERIOD ACTIVITIES; INSTEAD YOU WILL BE ATTENDING THREE (3) FLOW DAY SESSIONS. WHILE THERE IS NO INTRANET SIGN-UP FOR FLOW DAY, YOU ARE REQUIRED TO ATTEND ALL THREE (3) SESSIONS.

THE SCHEDULE OF FLOW DAY IS AS FOLLOWS:

2:25 – 2:50 – Session 1
3:00 – 3:25 – Session 2
3:35 – 4:00 – Session 3

Select three sessions to attend from the PROGRAM below. ALL PRESENTATIONS WILL BE OFFERED DURING EVERY SESSION.

HAVE FUN!
1. **Shooting Sports**: A brief overview of the Shooting Sports.
   
   **Presenter**: Stephen Rose  
   **Room**: 12

2. **Face-Painting and Body Art**: Students will use each other as a canvas (on a very small scale) to create mini works of art. I will have the supplies for the students to participate in face painting.
   
   **Presenter**: Robin Taylor  
   **Room**: 52

3. **Why Collective Community Trumps Individual Competitiveness**: Facilitated group discussion, about why a sense of community is important and can be kept alive, even within a group of competitive individuals (such as at TJ).
   
   **Presenter**: Hardish Nandra  
   **Room**: Newton Commons

4. **Getting Out of the Craziness -- Unwinding with Spun Fiber Arts**: Spinning and knitting are some of the most non-competitive things you can do. Sometimes social, sometimes a lone, quiet, and reflective process—spending time creating with fiber can be a great way to find flow with repetitive action. And at the end of the process you often have something beautiful!
   
   Come watch Mr. Kauffman spin yarn with his mesmerizing spinning wheel while Mrs. Holman knits up a project. Browse “Ravelry” (an online knitting, spinning, crocheting community), ask us questions about how knitting and spinning help us relax, or bring your own fiber project and join us!
   
   **Presenter**: Aubrie Holman & Hadan Kauffman  
   **Room**: 53

5. **Strong Competition Fosters Respect and Community**: Strong competition where success is based on hard work and merit fosters strong communities. Many professions see this where doctors respect each other for the difficulties each has been through in education and long hours. High level athletes respect their peers knowing what they have done to get there. The same is true in law firms, consulting companies, and the investment banking/hedge fund/private equity industry.
   
   All high school students face high levels of competition. The only difference at TJ is that the competition is almost exclusively academic with essentially no social competition (clothes, peer group, money, etc.) and relatively little athletic competition. High level academic competition is healthy for TJ kids as is some athletic competition. The fact that there is no social competition pays current and future dividends. Being able to feel comfortable at school every day is a huge stress reliever, and the confidence this brings will open up more career fields for these students.
   
   **Presenter**: Brian Becker  
   **Room**: 60-61

6. **Ambition and Team Building -- An Army Officer's Perspective**: A career in the military is inherently competitive; you are either promoted or asked to leave. Promotions are limited which adds to the competitive environment. However, the very people with whom you are competing are often the ones who you must trust—sometimes with your life. This presentation will discuss how the military addresses this dilemma, that is, how are effective teams and organizations built when the
members of the team are competing against each other. I will use personal vignettes and experiences to stimulate thought.

**Presenter:** Chris Boyle  
**Room:** 62-64

7. **Creative Writing -- One Line at a Time:** I will be guiding the students through a short creative writing activity. We will share what we write with each other and simulate the "sense of community" one feels when participating in a writing group.

**Presenter:** Kate Lewis  
**Room:** Library

8. **Why You Shouldn't Do What I Did:** A talk about how I was pressured by the competitive, praise-seeking TJ culture to not pursue my dream job and how I see the TJ culture influencing students today.

**Presenter:** Mike Auerbach  
**Room:** 214-215

9. **Drawing the Line between Friendly Competition and Cutthroat Competition:** The premise of this presentation is to show how not all types of competition are harmful. We as students must understand that there is going to be competition, not just at TJ, but wherever we go. However, as students, we as a community need to know the boundaries before the competition becomes dangerous. I wish to be able to help other peers understand this line and how we can avoid crossing this line.

**Presenter:** Avinash Tummala  
**Room:** 212

10. **Keeping Life in Perspective:** We are living in the best time and place in the history of Homo sapiens. Academics and career are important, but 80+% of your happiness or unhappiness in life will be tied to the spouse you choose. That’s driven by character, not GPA. Character is tested, learned and exposed in pressure situations like TJ. Take advantage of the opportunity to make great friends at TJ because you’ll unlikely be able to buy/make friends like that later.

**Presenter:** Luke Chung  
**Room:** 71-73

11. **Competition is Good & Teamwork is Better:** I will give a short "TED Talk" on why competitive environments have the potential to yield amazing results when strengths are underscored and weaknesses are compensated by the team.

**Presenter:** Brigadier General Lenny Richoux, US Air Force  
**Room:** Einstein Commons

12. **To Cook is to Connect:** Food brings people together. When we prepare a meal for someone else we share a bit of ourselves...our time, our history, our predilections. We take a risk, opening ourselves up for judgment, critique, scrutiny. But the chance to connect, relax, and enjoy the company of others is invaluable. Are you hungry yet?

**Presenter:** Mary Susan Burnett  
**Room:** 203
13. **Dancing Your Way to Social, Physical & Mental Health:** I will present dance as a way to meet people, make friends, stay in shape, and stay healthy mentally. I will talk about my passion for dance and present many different ways to get involved with a wide variety of dance styles.  
**Presenter:** Peggy Gendive & Peter Gabor  
**Room:** 69-70

14. **Being All You Can Be:** I will discuss with the students some principles of living a life of service to others, which "flows" directly from the theme for this year. Service to others builds community.  
**Presenter:** Dave Jackson  
**Room:** 67-68

15. **Guided Meditation and Relaxation:** I plan to talk about the benefits of slowing down, being mindful, and being present before guiding students through relaxation activities.  
**Presenter:** Mary Beth Kochman  
**Room:** T20 (one group, 3 sessions)  
**Please note:** If you choose to attend this presentation, please attend the first block and stay for all 3 blocks.

16. **Zen - A Deeper Understanding:** Zen is a branch of Buddhist philosophy that emphasizes understanding our individual selves in order to gain greater understanding of reality. Zen is often misunderstood or misinterpreted as a mystical nonsensical idea, but in reality a deeper understanding of this concept and the philosophy behind it can shed light on some of life's greatest mysteries. This presentation seeks not to merely talk about zen, but rather to demonstrate zen so that we can all come to understand this profound idea.  
**Presenter:** Thomas Mecherikunnel  
**Room:** 216-218

17. **A True Friend, A Priceless Treasure:** So far at TJ the one constant that's been motivating us despite failures and other sad times is friendship. Knowing that every day you can go home and rant to someone that will listen to and help you with your issues is something truly special. Throughout high school we've been each other’s backbone, encouraging each other to keep going despite emotional and physical tolls. We want to stress the importance of being there for each other in this highly competitive environment. In this presentation we will share our stories of helping each other out. These stories include questioning the purpose of going through so much at TJ, dealing with the potential loss of close friends, and finally working through the hardships that life has thrown at us. This will predominantly be a verbal presentation that is meant to share our experiences and show that students can trust and relate with others.  
**Presenter:** Nikita Sivakumar & Nira Harikrishnan  
**Room:** Curie Commons

18. **Community of Voices -- Supporting Each Other through the College Essay:** This presentation will be about how we can help each other with the college essay. Nothing says fierce competition more than the college application process. But that doesn't mean we shouldn't help each other if we can. I will explain how through guidance and careful questioning, we can offer each other quality feedback on the personal statement and celebrate our successes of the final product.  
**Presenter:** Maria Gilbert  
**Room:** 141
19. **Compete against Standardization, Not Each Other:** Creative Responses to Standardized Testing: If TJ students are inherently competitive, we should embrace that energy, redirecting it rather than stifling it. But, rather than competing against each other—or even against other people—we can build community by identifying areas of common concern: instead of slugging it out with each other for coveted seats in the Ivy League, we can fight diseases, poverty, racism, sexism, injustice, etc. The key is finding others who are willing to work with you—rather than against you—toward a common cause. It is this method, ironically, that will be more likely to gain you the aforementioned coveted seat, along with a sense of purpose and community.

My current area of research—the area where I am fighting and seeking allies—involves creative responses to standardized writing tests. In an era where standardized testing is leaving less and less room for creativity, my students have written poems, plays, short stories, and satires in response to the SOL, the SAT, the ACT, and even an AP exam. Come hear about what happens when students write creative responses to standardized writing tests.

**Presenter:** Mike Miller  
**Room:** 74-75

20. **The Neuroscience of Competition:** My presentation will be aimed to give students' an idea of how stress of competition impact the brain and the body. This helps students learn a little more about science as well as learn more about how too much competition/stress can be detrimental.

**Presenter:** Rishit Roy  
**Room:** 206

21. **Heated Kittens Expand Rapidly:** A CARD GAME FOR PEOPLE WHO ARE INTO KITTENS AND COMBUSTION COUPLED WITH RAPID EXPANSION!  
...and LASER BEAMS.  
.......and sometimes goats.  
It is the highly-strategic, kitty-powered version of Russian Roulette that made Kickstarter history.

**Presenter:** Alex Hoganson, Nate Foss, Jeffrey Liu, Eli Lifland, Aaron Ho, & Nathan Riopelle  
**Room:** Cafeteria

22. **Building Consensus -- How to Guide Varying Opinions to Agreement:** It’s not uncommon for a group of motivated students to compete over ideas. After all, time and resources are limited, and you need to find a strategy to determine the interest of the group as a whole. However, collaboration can be difficult because there may be a "vocal minority" or "silent majority" impacting the outcome of the decision. Fear not, there is a solution to address this challenge. This session will provide a strategy to help everyone in a group be involved in brainstorming solutions and determining consensus for the group. A great skill for aspiring leaders!

**Presenter:** Evan Glazer  
**Room:** 65-66

23. **TJ Peer Tutoring: Finding Community through Tutoring:** TJ Peer Tutoring is a student-run organization that aims to foster collaborative learning in the TJ community through pairing tutors and tutees. Over 350 students have already been paired since the founding of our program this year. Come hear the story behind how TJ Peer Tutoring was started, how it works, and the motivations behind why we started it!

**Presenter:** Ray Liu & Amit Gupta  
**Room:** 249
24. **Collaboration and Teamwork in Medicine**: Paradoxically, while many prospective medical students feel pressure to compete for good grades and high test scores, modern medical practice actually depends on cooperation and teamwork. Gone are the days when physicians made all the decisions, patients followed "doctor's orders," and nurses carried them out. The quality of medical care is enhanced when doctors, registered nurses, physician assistants, advanced practice nurses, technicians, patients, and family members work collaboratively in teams. My presentation will describe my personal journey as a medical student, resident, and practicing physician and emphasize the individual qualities and interpersonal skills that are most important in the health care professions.

**Presenter**: Gerard R. Cox, MD  
**Room**: 250

25. **The Joy of International Travel**: Come hear all about Cuba! Senora Pou will share her thoughts on a country that was closed so long to American travelers.

**Presenter**: Alexandra Pou  
**Room**: 232B

26. **Tai Chi**: Tai Chi is a great way to reduce to relax and to reduce stress (and it flows). But, it is also a way to build a sense of community. Tai Chi is traditionally practiced with groups of people doing the form together. The idea is to flow as if the group is a community of one. There is no competition—just cooperation to build a movement by the group that is greater than the sum of the movements by the members of the group.

**Presenter**: Thom Larson  
**Room**: DaVinci Commons

27. **Why Wikipedia is the Best Resource for High Schoolers**: I'm sure you've heard that teachers hate Wikipedia. I'm sure you've heard it called unreliable and untrustworthy. I hear this every day. But, I still believe that Wikipedia is the MOST reliable and MOST useful resource on the internet. Period. I say this for three reasons: 1. breadth of knowledge, 2. depth of knowledge, 3. recency of knowledge. In fact, these reasons compel me to contend that not only should Wikipedia be allowed as a source for my school papers, but also that it should be encouraged as a source.

**Presenter**: Dhruv Gupta  
**Room**: 54

28. **No, I'm Not Good At Basketball**: Here at TJ, we're lucky to have a diverse mix of all the races. We have to acknowledge that we have different histories and live in different spaces, and that those spaces come with their own shared (or not-so-shared) understandings. This presentation will help provide part of an understanding of what it's like to be black in the TJ community.

**Presenter**: Alex Hoganson, Cheryl Mensah, Connor Jones & Kirubel Aklilu  
**Room**: Tesla Commons

29. **Explore how Latin-inspired exercise dance routines help one stay grounded**: This session will explore how short exercise dance routines can help one alleviate stress and foster important mind-body connections. Not only will participants have opportunities to learn Latin-dance inspired dance exercises, they will be able to use what they have learned to lead short segments during the session.

**Presenter**: Suzette Henry
30. **The Ultramarathon Community**: When someone reassures you that 'Rome wasn't built in a day', the task at hand suddenly seems manageable. However, for the ultrarunner, Rome actually is built in a day. Because of this it's rare that an ultramarathon happens on a purely solo basis. The ultrarunning community is as important to the sport as its competitors. The sport grew not only from the making of its legendary runners, but also from development of its unique community.

**Presenter:** Dr. Keith Knipling & Stephanie Wilson  
**Room:** 226

31. **The Spirit of Volunteerism**: Collaborating for Community Service: Both of us became great friends over our shared interest for community service. By working together, we found an avenue for us to share our interest with our peers and find a way to balance the competitiveness of the TJ environment with collaboration.

**Presenter:** Namita Dongre & May Kyaw  
**Room:** 232A

32. **Innovation at Amazon -- Community and Competition for Customers**: At Amazon, we constantly innovate on behalf of customers. Although we Amazonians are highly competitive people, we have formed a strong community for our shared purpose. In my 16 years at Amazon, I've witnessed tremendous innovation and participated in much of it. I want to share how this high tech company, full of technical people in many disciplines (CS, electrical, mechanical, aerospace, systems, etc.) finds a way to innovate over and over again, and I want to suggest ways in which the Amazon experience could help answer this year’s TJHSST One Question.

**Presenter:** Paul Misener  
**Room:** Gym 1

33. **Describing the TJ experience**: Being a student at TJ is a unique opportunity and how you explain your time here to colleges, future friends and family will change your own view of the TJ experience. We will discuss new ideas from Harvard Business School on self-narratives and how we can build a productive and dynamic TJ community.

**Presenter:** Shannon Cleary  
**Room:** 233

34. **Perspective -- A Work in Progress**: It is my belief that much of what we perceive about others and events is derived from information external to our personal experiences. As a 30+ year veteran in education, and many years as an education advocate and activist, I have evolved in my understanding of what I have experienced. This talk with students is designed to awaken their openness to varying points of view and perspectives.

**Presenter:** Sylvia C. Washington  
**Room:** 251

35. **Fly Your Stresses Away**: Come to our session for a relaxing time outdoors that’ll be filled with peaceful music, discussion about the One Question, sweets, and balloons! Tie your stresses to a balloon and let them fly away forever, or take a picture with your friends at our picture frame to show that you’re letting go of your stresses together.

**Presenter:** Suzie Bae & Laura Chu  
**Room:** Gym 2
36. **Community-"Cult" Culture**: Hearing people call clubs and activities such as Model UN, Crew, and Latin "culs" is pretty common as you walk down the halls of TJ. But Model UN for example, is an inherently competitive club, but somehow still has the feeling of friendship/family. But maybe that's the key to finding a true sense of community in a truly competitive environment, a "cult."

**Presenter: Richa Gupta**
**Room: 107**

37. **The APEX Project: A Model for Creating Community Amidst Competition**: At the highest levels of academic work across numerous domains, one might be surprised to find that collaboration and cooperation are essential. At APA’s Center for Gifted Education Policy, where our program participants included winners of the Nobel, Pulitzer, Emmy, and Turing, I was the Project Manager for a highly visible academic program called the APEX Project that matched eminent adults with extremely high-achieving high school students from around the country (including a couple TJ students). In the process, we created an interdisciplinary, intergenerational community of scholars. I would like to share the model aspects of APEX that could be replicated at TJ demonstrating how to focus less on the reality of competition and more on the benefits and joys of cooperation through challenging, collaborative work. The relevant academic research has shown that those gifted students motivated to learn based upon their passions for learning ("task-involved") demonstrate higher self-esteem than those peers motivated to learn in order to surpass classmates academically ("ego-involved"). We found ways in which immersing students meaningfully and deeply in a domain of interest served as a path away from constant peer comparison and toward achievement grounded in happy, rewarding engagement.

**Presenter: Jay Gorgia**
**Room: Franklin Commons**