The Secret Power of Time – Prof Philip Zimbardo
[https://www.youtube.com/watch?v=eJybVxUiy2U]

From your notes try to answer some of these questions

1. What are the two books he discusses in the intro?

2. What is the outline for today’s lecture?

3. Why does he start with a picture of Adam & Eve by Lucas Cranach?

4. What was the main point of the ‘marshmallow tests’?

5. How is the new book connected to this experiment?

6. What are the most important lessons for the curriculum?

7. What is the study of time perspectives? What is his argument?

8. Time perspectives are essential for what present and past constructs?

9. How does he describe the thoughts people have for past, present and future decisions?
10. What are the six main time zones?

11. What are the biases that affect the time perspective? What examples are used?

12. What is the correlation coefficient?

13. Describe some of the characteristics for all three time perspectives.

14. What was the experiment for Stanford students?

15. What was the experiment on smoke, take drugs and drink alcohol?

16. What are the positive and negative perspective foundations of emotion, motives and actions for Past TP, Present TP, Future T.P?

17. What is the optimal temporal mix and optimal profile?
18. Has ZTPI gone global?

19. What is the significant point about young males in the US dropping out of school?

20. What is important about the principles of life?

21. Why is the world in a terrible situation now?

22. Who is involved in conservation and sustainability?

23. How can time therapy help Post Traumatic Stress Disorder?

24. Summary

Critical thinking - What did you think of the lecture? Do you agree with the ideas? What do you disagree with? Is the lecture a book promotion? Can it be so simple to classify people into these groups? Which group would you be? Could the study on young people be bias in that many young people don’t develop future thinking until later in life? Is the research reach too small? Are some of his ideas generalizations? What ideas does he offer to help people become more time balanced? Is society in a present orientation? Can you change if you are religious? How can school systems be changed to cater for the digital generation? Anything else?
The Secret Power of Time... ANSWERS

1. What are the two books he discusses in the intro?
What makes good people turn evil. / What makes ordinary people become heroes.
Website- www.heroicimagination.org to see the earth with everyday heroes.

2. What is the outline for today's lecture?
The secret power of time to influence your life decisions.

3. Why does he start with a picture of Adam & Eve by Lukus Cronic.
To emphasise that life is full of temptation - yielding, resisting, yes, no.

4. What was the main point of the 'marshmallow tests'?
Resisting temptation experiment by Walter Michel. Children (4 years old) were given a choice to eat a marshmallow now or wait on their own and have two. Some waited and some didn't. This simple test demonstrated different behavioral differences of do you resist temptation, do you delay gratification, do you give in makes a huge different later in life. 14 years later - those that didn't wait classed as 'present orientation' are envious, jealous, moody, and indecisive. Those who waited are 'future orientated' scored 250+ higher in stats tests, cooperative, self-reliant, confident.

5. How is the new book connected to this experiment?
The Time Paradox - the new psychology of time that will change your life (with John Boyd). He states that this book will show you how time plays a significant role in personal happiness, improving personal success, happiness and psychological wealth.

6. What are the most important lessons for the curriculum?
Learning to delay gratification, say no or later to temptation, teach children to be aware of future consequences of current actions.

7. What is the study of time perspectives? What is his argument?
It is the study of how individuals divide the flow of their personal experience into time zone / time categories done automatically and unconsciously. These frames vary between nations, cultures, people, social classes. Point: the argument is that some become 'bias'. You overuse some and underuse others rather than having a balance perspective.

8. Time perspectives are essential for what present and past constructs?
Achievement needs, casual thinking, hope, guilt (past), revenge (past), impulsivity (present), improvisation (present).

9. How does he describe the thoughts people have for past, present and future decisions?
Past- when was I in a situation like this in the past? What did I do? Did it work?

1. Past TP- focus on positives (birthdays, good old times, nostalgia)
2. Past TO. - focus on negatives (regrets, failures
3. Present TP - hedonism pleasure, knowledge
4. Present TP - fatalism (fated)
5. Future TP - life goal orientated (trust)

11. What are the biases that effect the time perspective? What examples are used?
Geography, climate, culture, religion, social class, educational level, political and economic stability.
Models - family, friends, role models. Live closer to the equator - less change mainly present orientated. Protestants have higher GDP - their religion is 'work harder to succeed' are future orientated. Middle classes are future orientated, lower classes present or past orientated. Venice beach - hedonism, Japan generational conflict. La Liga in Italy - cut in Italy in half. People in north future, south past or present - poet says no future verb in Sicilian.

12. What is the correlation coefficient?
(R) is the degree of association between two measures <+1.0 to -1.0>. Personality measures have r=+.30 ZTPIr

13. Describe the characteristics for all three time perspectives.
Tested 205 stds

**Future** - conscientious, preference for consistency, ego control, energy, impulse control. Not aggressive, depressed, sensation seeking (recent research says conscientious = 2 years longer life - don't take risks) "I'm able to resist temptation when there is work to be done"

**Past positive** - high for happy, self-esteem, friendliness / moderate for energy / not trait anxiety, depression, aggression.

**Present** "I do things impulsively, making decisions on the spur of the moment"

**Present hedonistic** - v. high novelty seeking, sensation seeking / high energy, aggression, how creative / no ego control, preference for consistency, impulse control, conscientious, emotion stability. (sex, drugs and rock & roll)

**Present fatalistic** - high aggression, trait anxiety, depression / not future consequences, ego control, self-esteem, conscientious, energy, emotional stability, how happy.

**Past negative** - v. high trait anxiety, depression, aggression, lie / not self-esteem, emotional stability, impulse control, how happy, energy

**Point:** on the surface all the students look the same but totally different individuals. Past negative and present fatalistic are the American high school shooters.

14. What was the expriment for stanford stds?
Does TP predict cognitive effectiveness in maze solving? Picked present orientated stds vrs future orientated students - present orientated begin / Future orientated look and when you begin you solve it/ if present orientated you begin and make mistakes. Bar chart shows 90% of F.O solved the maze / 60% P.O solved the maze. U.C Berkley - took F.O people and hypothesised them and made them P.O BUT data is still the same. Expanded present.

15. What was the experiment on smoke, take drugs and drink alcohol?
1200 college stds from Stanford and Cornell universities- Males and females - Alcohol use binge drinking, normal drinking and risky driving. Results - P.O males (50%) are more liable to drink and drive than F.O (-25%). Women are identical. Heroin addicts who are hospitalised against others who are in hospital for other problems. Heroin addicts are higher in P.H / P.F / lower on future and past.
16. What are some of the positive and negative perspective foundations of emotion, motives and actions for Past TP, Present TP, Future T.P?

**Positives**
Past TP: happy, self-esteem, rituals, patriotism, nostalgia, gratitude, stability, wisdom, indent ity.
Present TP: affiliation, joy, pleasure, sensuality, sexuality, energy, activity, excitement, improvisation.
Future TP: achievement, health focus, contingency, planning, probability, thinking, self-efficacy, cost benefit analysis, expectation, hope.

**Negatives**
Past TP: trauma, guilt, depression, retaliation, revenge
Present TP: addiction, risky acts, violence, anger, gambler’s luck.
Future TP: anxiety, worry, social isolation, competitiveness, male impotence.

17. What is the optimal temporal mix and optimal profile?
Past gives you roots - to connect to your identity and family - to be grounded. Future gives you wings - to soar to new destinations and challenges. Present gives you energy - to explore people, places, self and sensuality.

Optimal profile P.P high / F moderately high / P.H moderate (selected)/ P.N low / P.F low.

18. Has ZTPI gone global?
Yes, 24 translations, 30+ researchers (grad stds) collecting valid data, meetings in ICP Berlin and ECP Oslo, interact on EM weekly, gaining significant predicted results using ZTPI. Contact him - set up with research team. Amsterdam website www.timeorientation.com

19. What is the significant point about young males in the US dropping out of school?
A child drops out of school every 9 secs / worse for minority backgrounds and boys. A disaster recipe happening among boys in USA. By the age of 21 a boy has played 10,000 hours of video games alone. **Point 1:** a) haven’t learnt social skills, b) live in a world they create - exciting. Game companies create 3D games = brains are being digitally rewired = never fit in a traditional classroom. Because it is analogue - no control for Std and is boring. **Point 2:** Going back to a more traditional curriculum will be a disaster.

20. What is important about the principles of life?
That many of the concepts taught are for future orientated people. Present orientated kids know the future consequences but the knowledge doesn’t feedback to change your behaviour. **POINT** - that is the interesting thing about time perspectives.

21. Why is the world in a terrible situation now?
Because there were men who used to be future orientated who have changed to present orientated. He uses an example of bankers who used to invest money prudently and then got trapped in worldwide greed of high risk, high interest loan plus lying. The Leman brothers have just put a 90B$ debt as an asset to continue trading.

22. Who is involved in conservation and sustainability?
Researchers have shown that it is Future orientated people. Who are concerned with the long term future. Present orientated people say "gee global warming it's nice I get more sunshine!"
Example of FO is physical therapy 50% quit as they are not. By knowing if a person is PO doctors could put in place strategies to help like support networks, families, spouses, kids.

23. How can time therapy help Post Traumatic Stress Disorder?
All other therapy is time based - Freud ‘archaeologist of the Souls (past focused therapy) / Skinner, Watson, CBT 'Reward and punishment' (present therapy contingencies) / Humanistic 'actualising human potential' (future therapy) / Time therapy - ‘realise the importance of time, creating balanced time perspectives’

Doesn’t get cured with conventional therapy. Time therapy is practiced by Dr Sword in Hawaii. Respect the trauma but a new choice from PN and PF. PN to future and PF to PH.

27 PTSD and in only 8 visits amazing results / all changed significant. 24 patients 87% less depression, 19 patients 70 % less anxiety, 14 patients 52% fewer PTSD symptoms.

24. Summary
Time is the most important thing in the world. - Time is what matters. US Today study asked Americans how busy they were? +50% said I’m busier now than I was last year and I sacrificed friends, family and sleep for my success. Let’s suppose you had an 8-day week what would you do? Working harder not with friends and family! 60% families had regular sit down meals together 10 years ago. Last year 6:5 US families have sit down meals together. Point: No family values

Many of life’s puzzles can be solved by understanding our own time perspectives and that of others. The conflict we have with others is really a conflict of different time perspectives. Once you are aware of this you don’t make negative attributions. The most simple idea in the world. Ideas that are powerful are simple and understandable. Think time, think balanced time, use time wisely and well.