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Every day starts with a podcast. Okay, well, it really starts by turning off my alarm, but that seems so self-evident as to not need any of its own time. Anyways, back to the podcast. I unlock my phone, scroll to the podcast app of choice, and contemplate to myself on how I want to start this morning. Will it be news? Will it be something comedic? Will it be something that expands my mind? Will it be something that just helps me pass the time?

I finally settled on a topic. I'll throw on whatever the latest RadioLab is. It begins as it always does with Jad Abumrad giving the rundown of what we're in for followed by some odd banter that's left in to let the conversation feel natural. They transfer into what is probably their greatest strength, the attention getter. Every teacher could take a lesson from RadioLab's attention getters. They are masterful.

The co-host expertly transitions into the meat of the topic. A lecture given by Richard Feynman, the famous physicist. He was put in charge of redoing the physics curriculum at his college due to lack of interest from first year students wanting to move on. The traditional approach was to go over the history of physics along with the appropriate equations. Students would then practice the equations in context. Finally, they would quickly drop the course.

Feynman decided this was the worst way to get students excited about the topic he so loved that he had devoted his life to. Instead, he decided to give the students a singular question, "If, in some cataclysm, all of scientific knowledge were to be destroyed, and only one sentence passed on to the next generations of creatures, what statement would contain the most information in the fewest words?"

His answer, well, it's not really important what his answer is. What is important is that he managed to spark everyone's interest in the room. He did this so well people still talk about this lecture from 1965. Heck, people were still making podcasts about it in 2020.

I think we can all take a lesson on how to live during this trying time from both Feynman and RadioLab. It's to start with something that sparks your interest. Start with something that gets the brain going. It'll make getting through the harder parts easier.

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