

# Meyler Campbell Clear Leaders

## THE MEYLER CAMPBELL GUIDE TO CURIOSITY

As you age *"Your love of knowledge remains and your willingness to learn new things appears to be constant across all ages. People at very old ages are still willing to learn things, to discover new things, to read"* by Mario Livio, Author of *"Why?"*

Curiosity is a key driver of learning and one which we are continuing to learn more about. Our inspiration for this topic came from the continuing and developing picture emerging from Curiosity Mars Rover, hence the visual for this guide. Below we have shared some articles, talks, podcasts and other resources all inspired by curiosity.

### Research

#### The psychology and neuroscience of curiosity

Featured in Neuron, this research paper written by Celeste Kidd and Benjamin Y. Hayden looks at why it would be more beneficial to consider the information-seeking behaviour behind curiosity rather than worry about defining the behaviour itself.

#### Curiosity: we are studying the brain to help you harness it

From Cardiff University, this research focuses on looking at people's brains to find out why some of us are more naturally curious than others. Is it just a personality trait? Or do we have a curiosity type?

#### The seductive power of curiosity

Students from Reading University, specifically from The Motivation Science Lab looked at MRI scans of the brain when it interacts with extrinsic motivators, such as money or other rewards to see how curiosity drives behaviour.

### Reflections

#### 4 reasons why curiosity is important and how to develop it

A very recent article by the Founder of Life Optimizer, gives four reasons why curiosity is so important and six tips on the best ways to develop this and encourage your curiosity further.

#### Is curiosity a positive or negative feeling?

Tania Lombrozo explains that while we all feel curious, when we start to explore this feeling deeper, we begin to realise that curiosity is a far more complex emotion/behaviour than you might realise.

#### Breakthrough begins with curiosity

Merck Global believe that 'breakthroughs begin with curiosity' and they have put together a page of resources for you to dive into: take a test to find out how curious you are; discover how to train your curiosity, take a close look at the science behind curiosity and more!

### Videos / Podcasts

#### The curious minds video series

Inés Dawson, Biologist and Oxford PhD student, is passionate about science and has created a 4-part mini video series to discover what influences the four dimensions of curiosity.

#### The 'Why' behind asking why: The science of curiosity

A podcast from Mario Livio on his book *"Why?"*. Mario explains as a fundamental human trait, curiosity makes everyone curious and he is fascinated in wondering why? This resource includes the edited transcript of this podcast.

#### This is your brain on curiosity by Matthias Gruber

##### TED Talk

First aired at a TEDx event in 2015, Matthias Gruber shares his research focusing on why we remember some things better than others, particularly focusing on how we can harness the power of curiosity to benefit your learning in daily

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