

A stylized illustration of a person in a dynamic, almost contorted pose. The person is wearing a green and black striped shirt, green pants with orange cuffs, and green sneakers with white socks. They have a yellow headband, sunglasses, and a green face. A yellow line is drawn around their head, and a blue line is drawn around their torso. The background is a solid orange color.

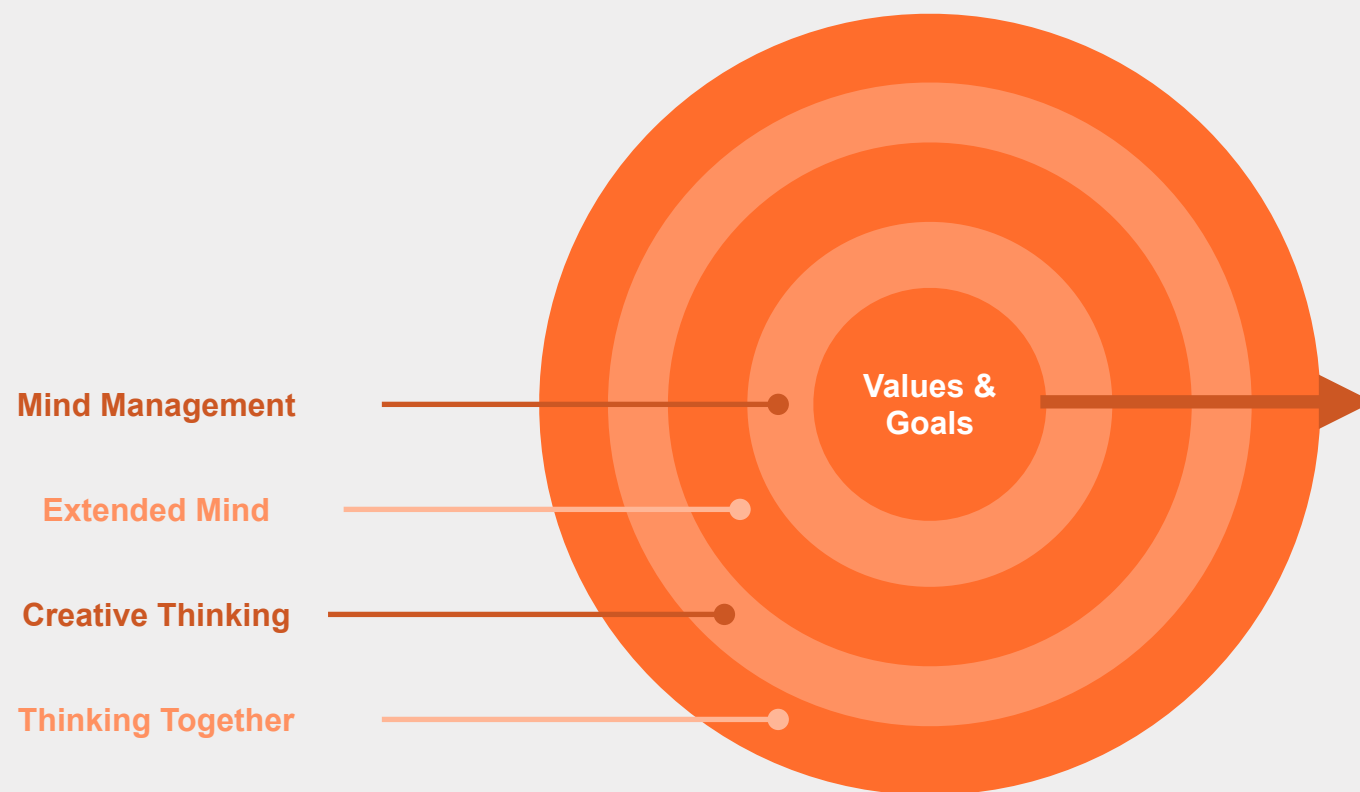
Thinking Tools

Wrap Up

*Lauri Järvilehto, PhD
Professor of Practice*



Thinking Tools





Thinking Tools

Good Life Tools

- Value Exploration
- Vocational Mapping
- Stoic Trichotomy

Mind Management

- Goal Splitting
- Task Management
- Prioritization

Extended Mind

- Idea Cloud
- Using the Environment
- Failure Management & Tick Tock

Creative Thinking

- Feeding System 1
- Note Taking
- Creative Process

Thinking Together

- Classical Argumentation
- Critique
- Dialogue





How to Use Thinking Tools?

- Task management, Todoist, small tasks that you tend to forget get done
- Completed 26 things on first day
- Getting Things Done, todo lists, extended mind
- Practical, physical doing
- Doing interesting things, daily goals
- Flow, free time -> activity time
- Keep a notebook, take notes about ideas
- Starting a new routine is a bit difficult
- Nimbus Note -> new routine difficult, things added really stuck in the brain
- Todo lists, helps keep focus, keep track on stuff



Break

Find us:
Aalto Ventures Program



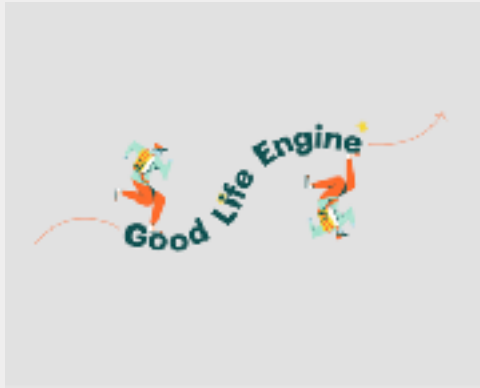
————— *avp.aalto.fi* —————



**Aalto
Ventures
Program**



Next Steps: Opportunities



Periods I–V



Periods III–IV

Learn more: avp.aalto.fi



Periods I–II & III–V



Periods I–II

Learn more: sisu.aalto.fi

Practicalities



- **Second Essay deadline May 13th 9pm**
- **Second Essay review deadline May 20th 9pm**
- **If you have been absent from a session, write 1–2 pages of reflection on the session topic and return via email by latest May 20th 9pm:
lauri.jarvilehto@aalto.fi**





Q&A



A!
Aalto University

Aalto
Ventures
Program

Thank You



Find us:
Aalto Ventures Program



avp.aalto.fi



Aalto
Ventures
Program