

Mindful Innovation

**Using AI and Technology
Responsibly in a
Changing World**

Dr Neil Hopkin
Director of Education
Fortes Education, Dubai



Where did my focus go?

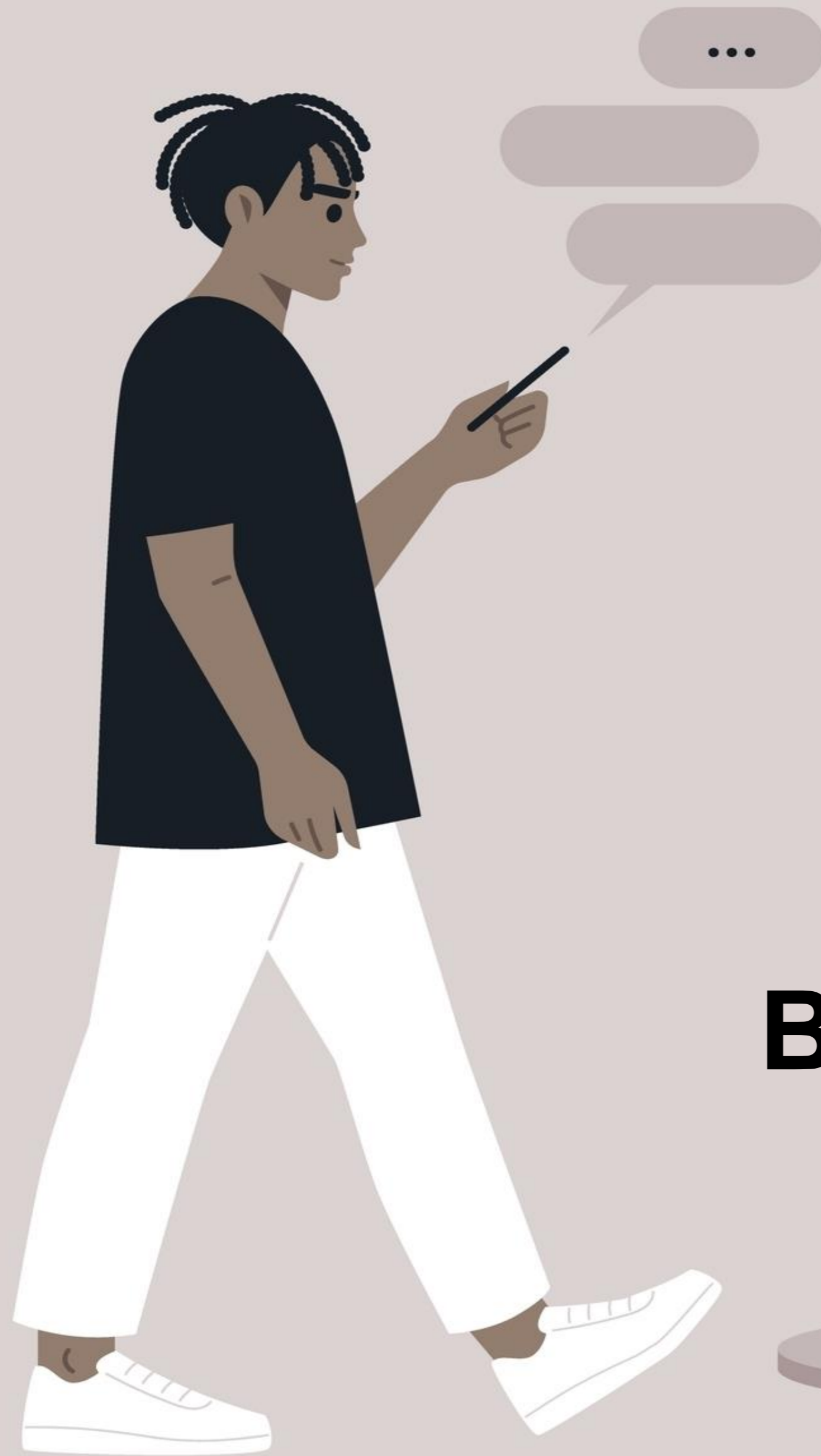


A glowing blue digital clock face is positioned on the left side of the image. The clock has a circular border with tick marks and two hands. The background is a dark blue gradient with a faint grid pattern and scattered blue stars or particles. A bright blue horizontal light streak is visible at the bottom center.

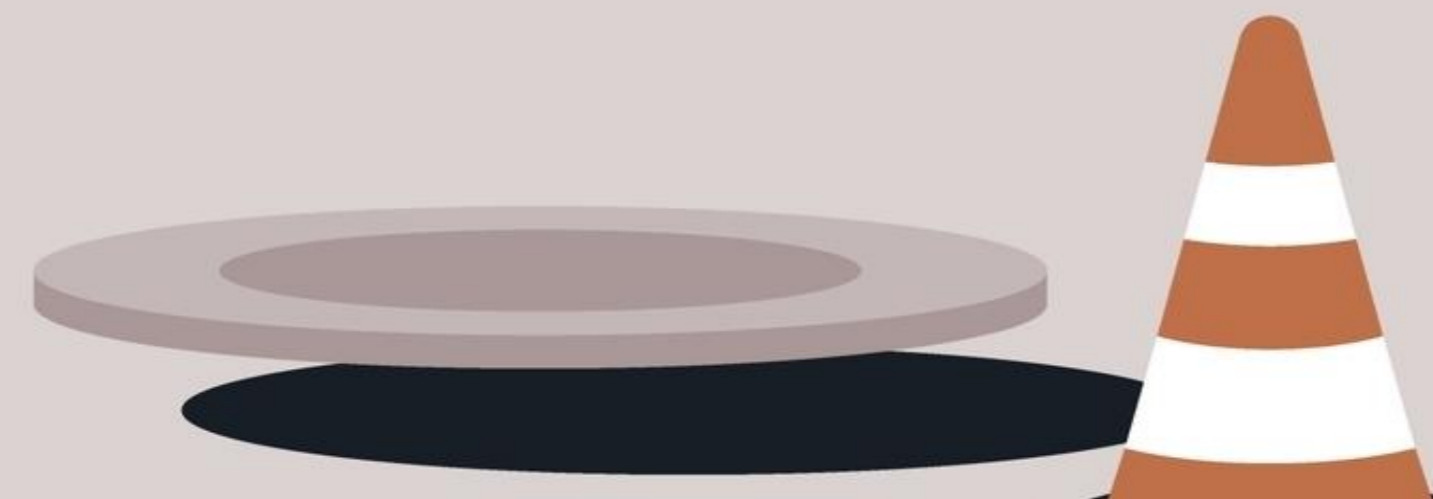
**Time remains constant,
Attention diminishes daily**

Information Overload





Beware the Attention Drain



A wireframe head, rendered in light blue, is shown in profile, facing right. The interior of the head is filled with a vibrant, multi-colored nebula or galaxy, featuring a bright yellow and orange core that transitions into purple and blue hues. The nebula is composed of numerous small, glowing particles and larger, diffuse clouds. The overall composition is centered, with the text 'Knowledge paradox' overlaid on the nebula's core.

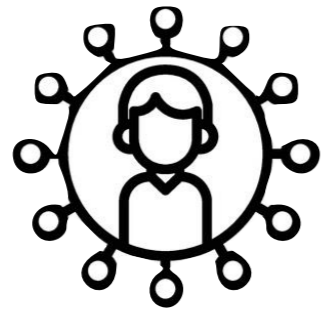
Knowledge paradox



COLLABORATION



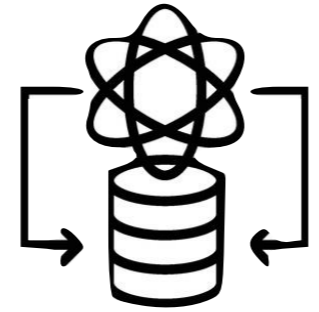
DISTRIBUTION CENTER



SOCIAL NETWORK



INNOVATION



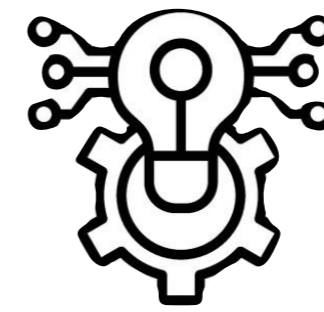
DATA SCIENCE



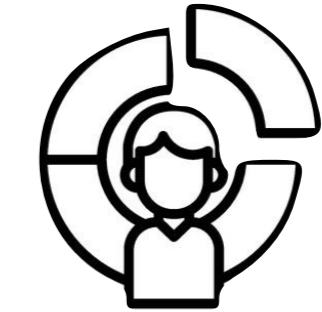
DATA MIGRATION



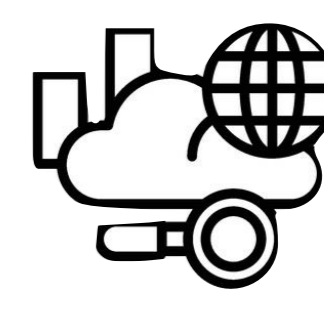
EMAIL MARKETING



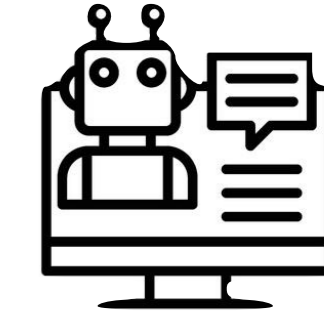
MODERNIZATION



SEGMENTATION



GLOBAL ANALYSIS



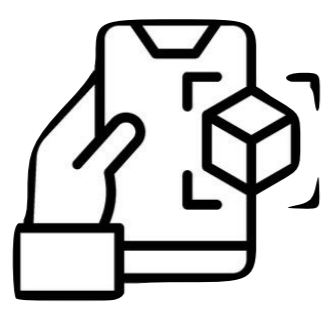
ROBOT ASSISTANT



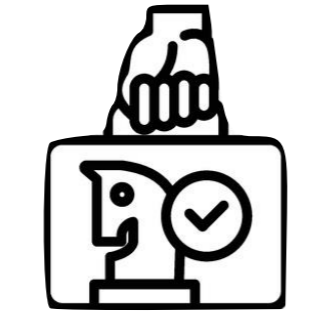
APP DEVELOPMENT



DATA SEARCHING



AUGMENTED REALITY



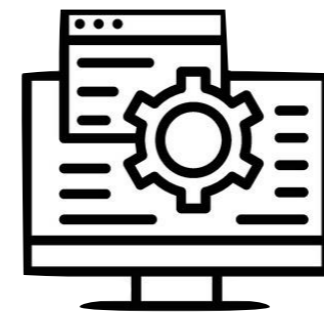
CAREER STRATEGY



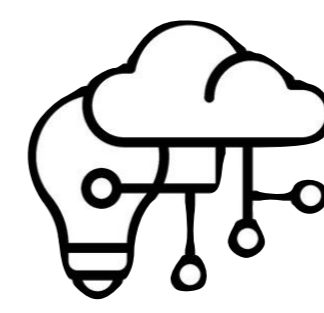
GROWTH STRATEGY



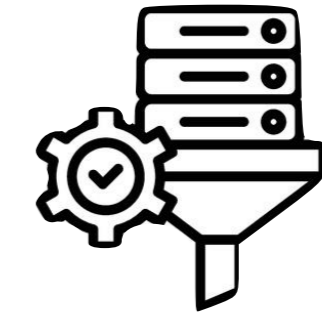
CREATIVE SOLUTION



DIGITAL PLATFORM



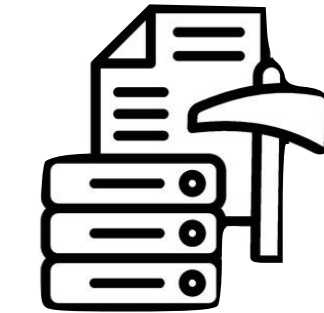
CLOUD OF IDEAS



DATA FILTER



CLOUD SERVICE

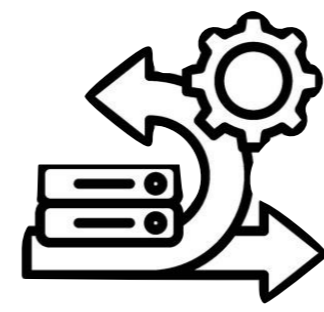


DATA MINING

Welcome to the Cognitive Economy



MARKET ANALYSIS



AGILE METHODOLOGY



CONSULTING SERVICES



CYBER SECURITY



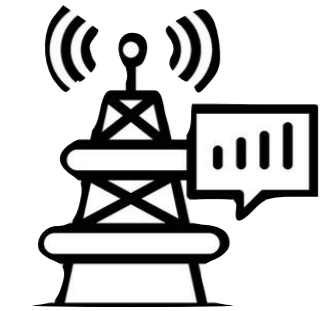
REVENUE GROWTH



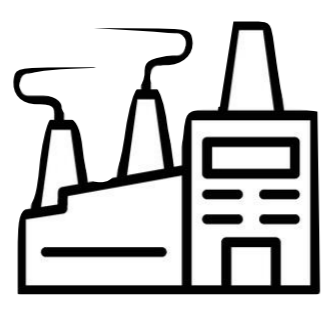
DATA SOURCE



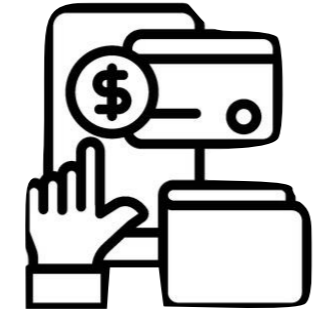
DATA ANALYTICS



RADIO TOWER



FACTORY



PAYMENT METHOD



MONEY EXCHANGE



PRESENTATION



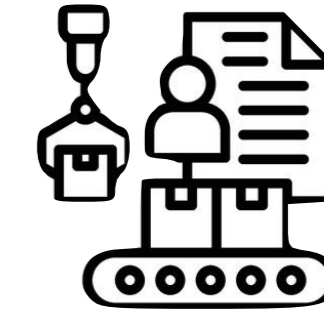
CREATIVE WORK



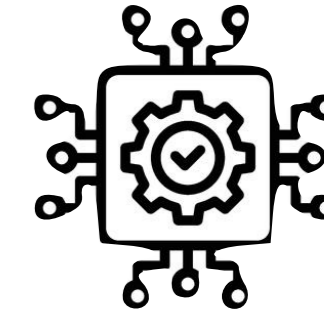
COGNITIVE



APP DEVELOPMENT



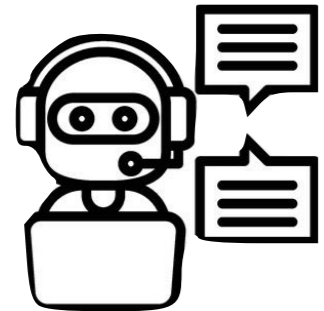
INDUSTRIAL AUTOMATION



DIGITAL TRANSFORMATION



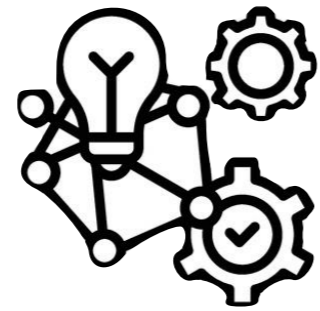
CUSTOMER SEGMENT



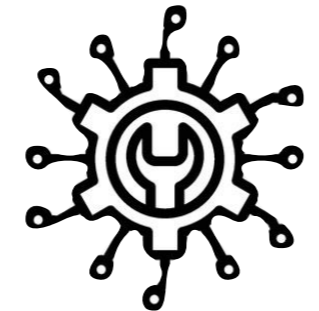
CHATBOT



CLOUD SERVER



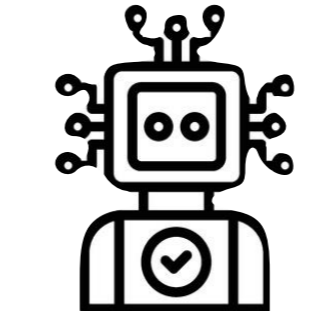
PEER LEARNING



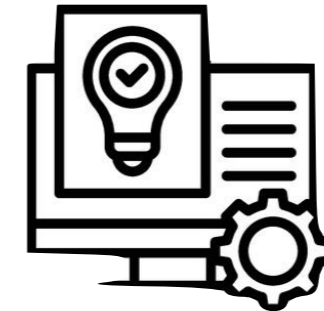
NETWORK SETTINGS



CAPITAL MARKET



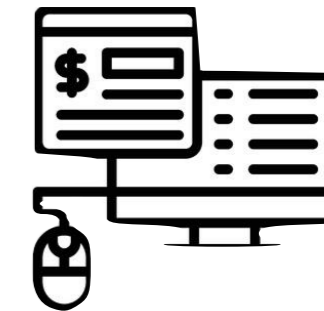
ROBOT



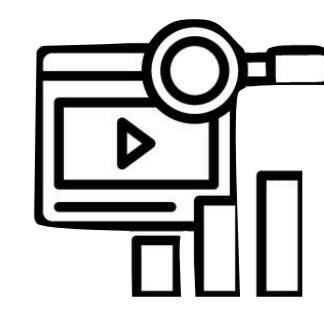
INFORMATION TECHNOLOGY



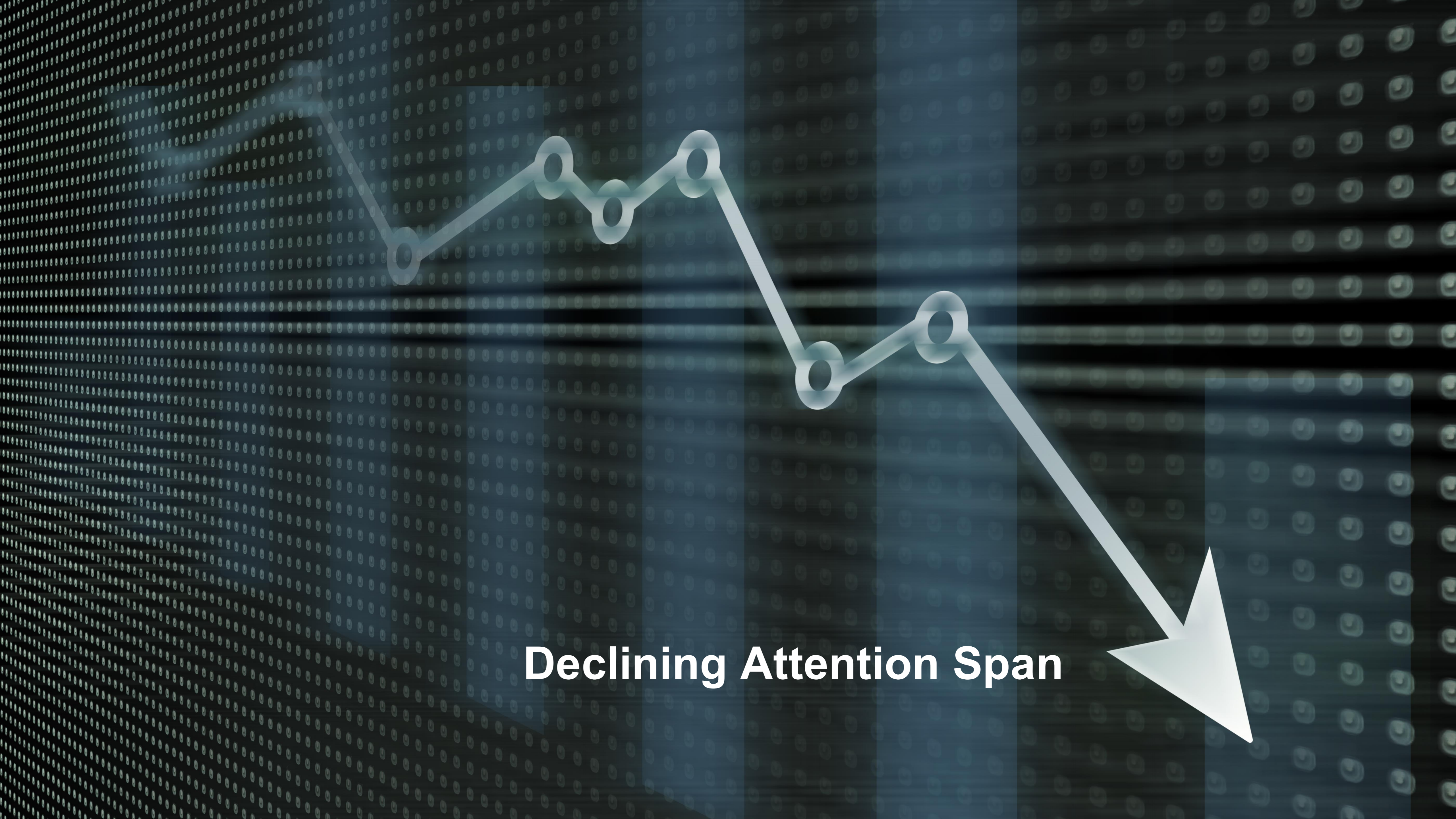
BUSINESS



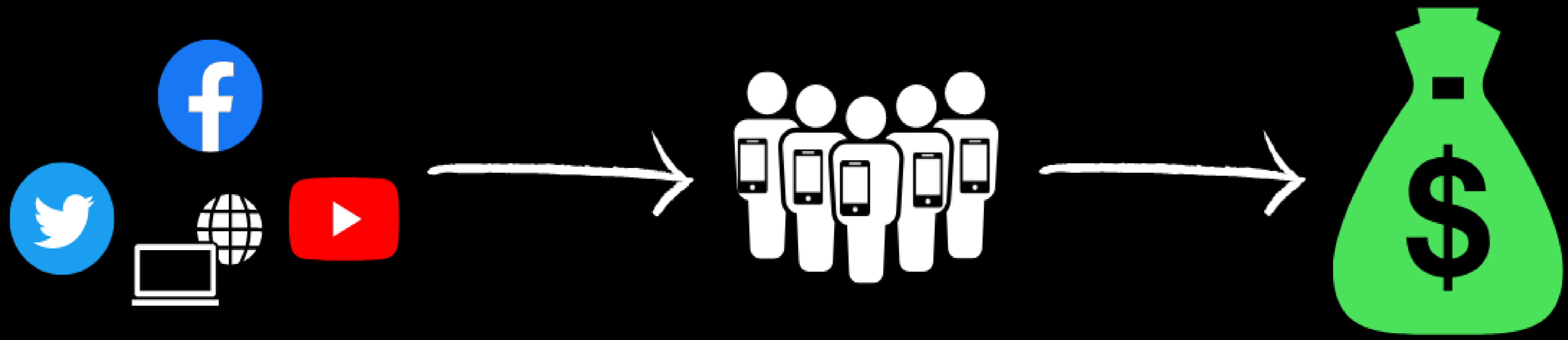
DIGITAL ECONOMY



VIDEO ANALYSIS

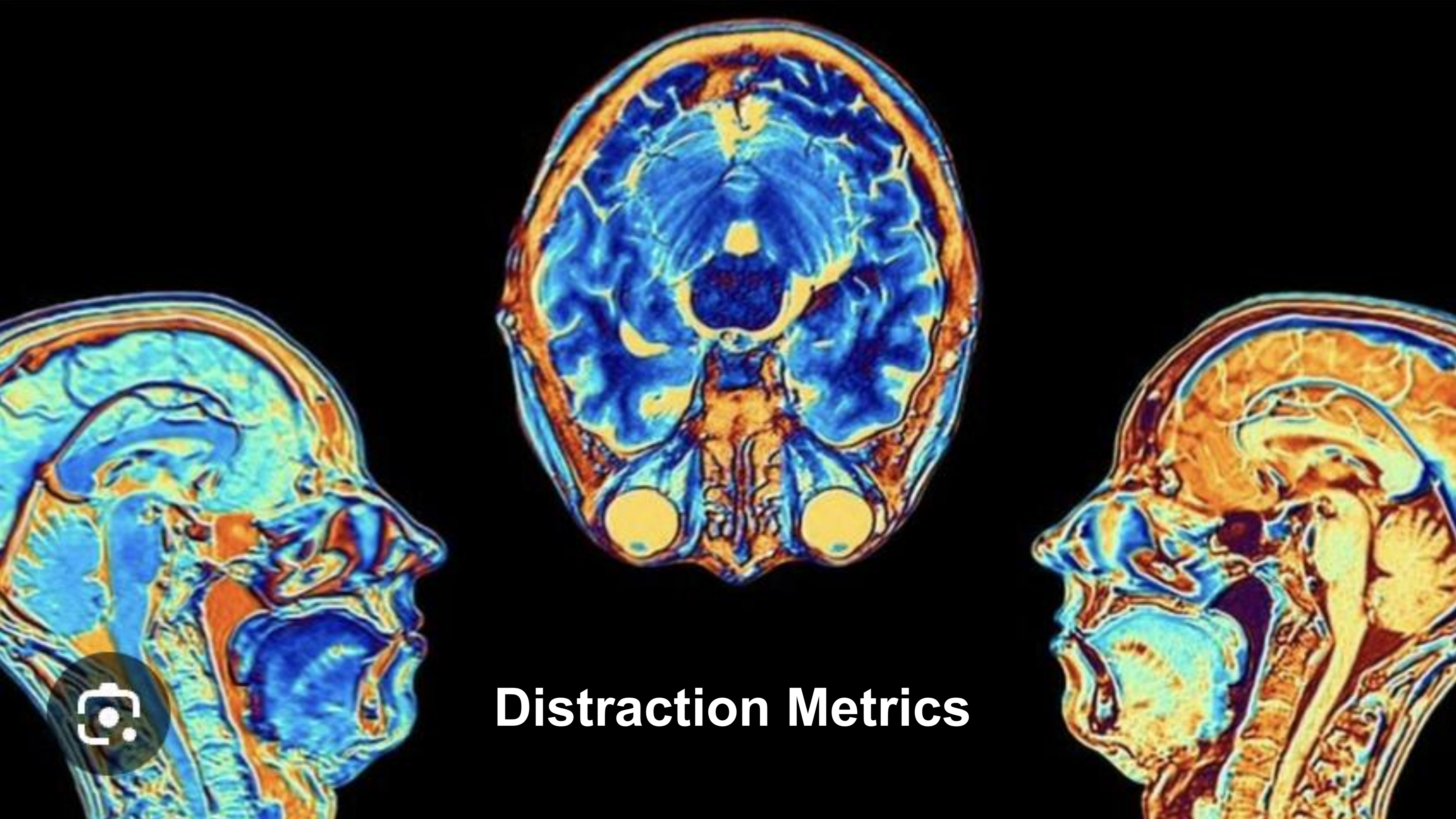


Declining Attention Span



Attention is the New Oil





Distraction Metrics



M
U
L
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A
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K
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N
G



M
Y
T
H
S

The Cognitive Haves and Have-Nots



Have Distractions



Have-Not Distractions



||

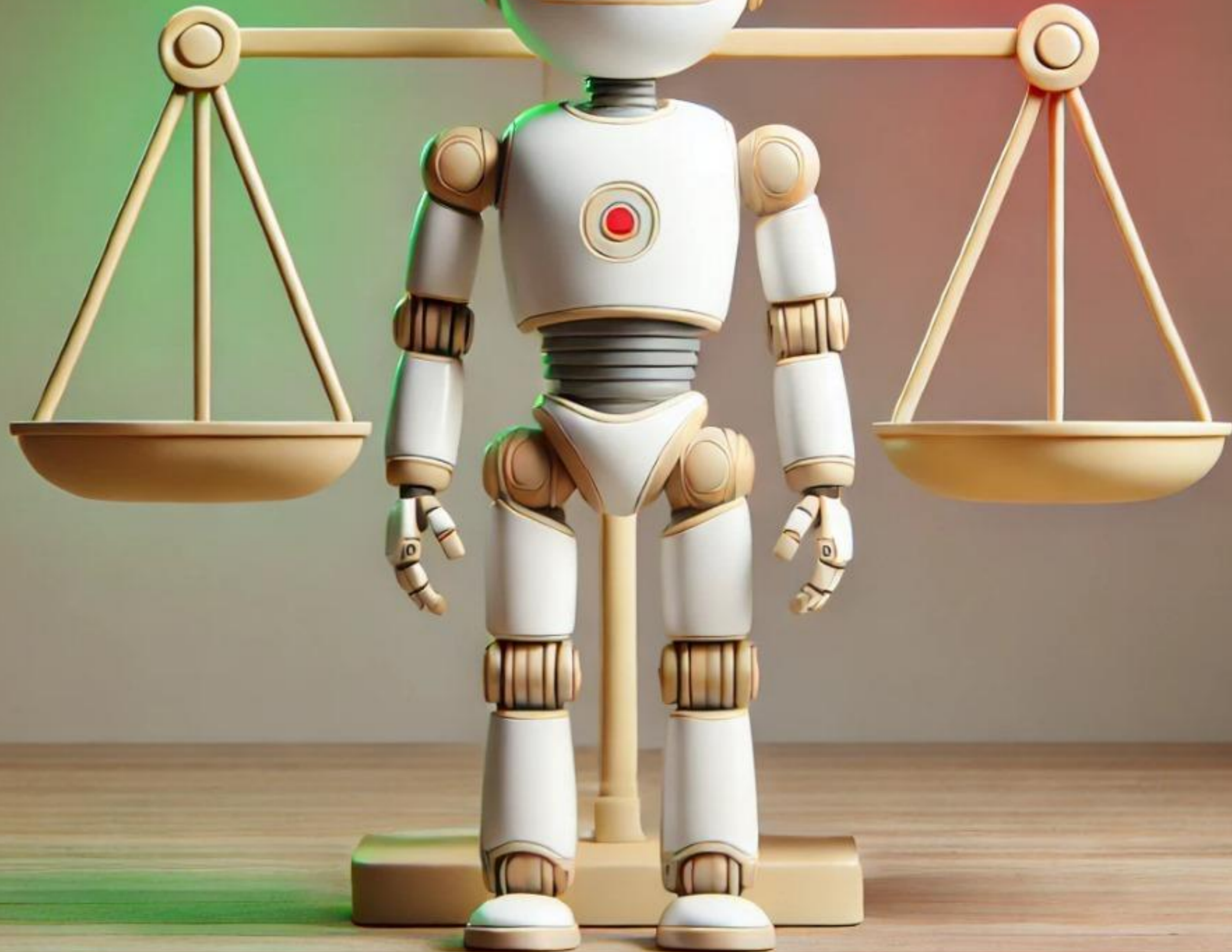


Are we training distraction?

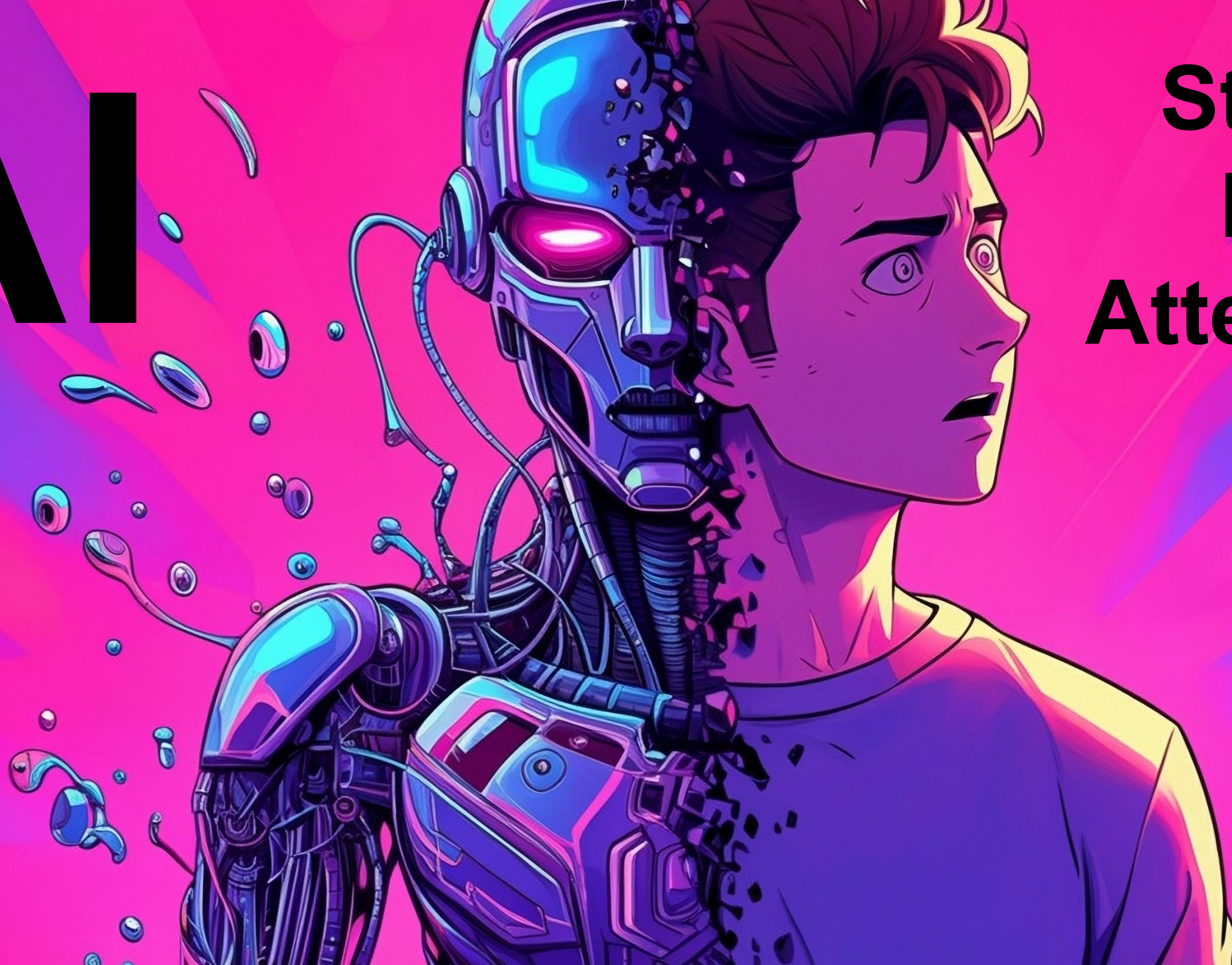


GOOD

BAD



AI



**Stole
My
Attention**

3 Forms of Cognitive Load

Intrinsic

Complexity of
new information
[SIMPLIFY]

Extraneous

Distracts working
memory from processing
new information
[REDUCE]



Germane

Deep processing of
new information by
integrating it with
previous learning
[MAXIMIZE]

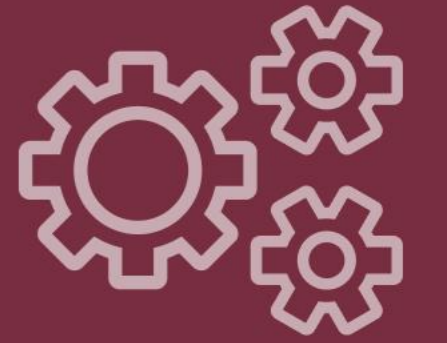
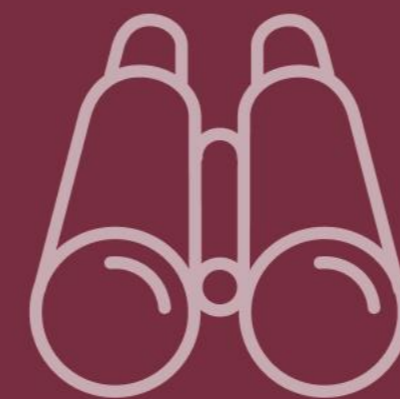
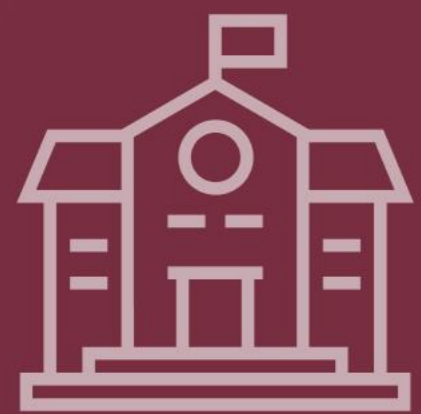
Are we training laziness?



Cognitive Sovereignty



Remarkable Results...?



A skilled driver
or a passenger?



Know when to engage Autopilot





Ai is an Environment, not just a tool

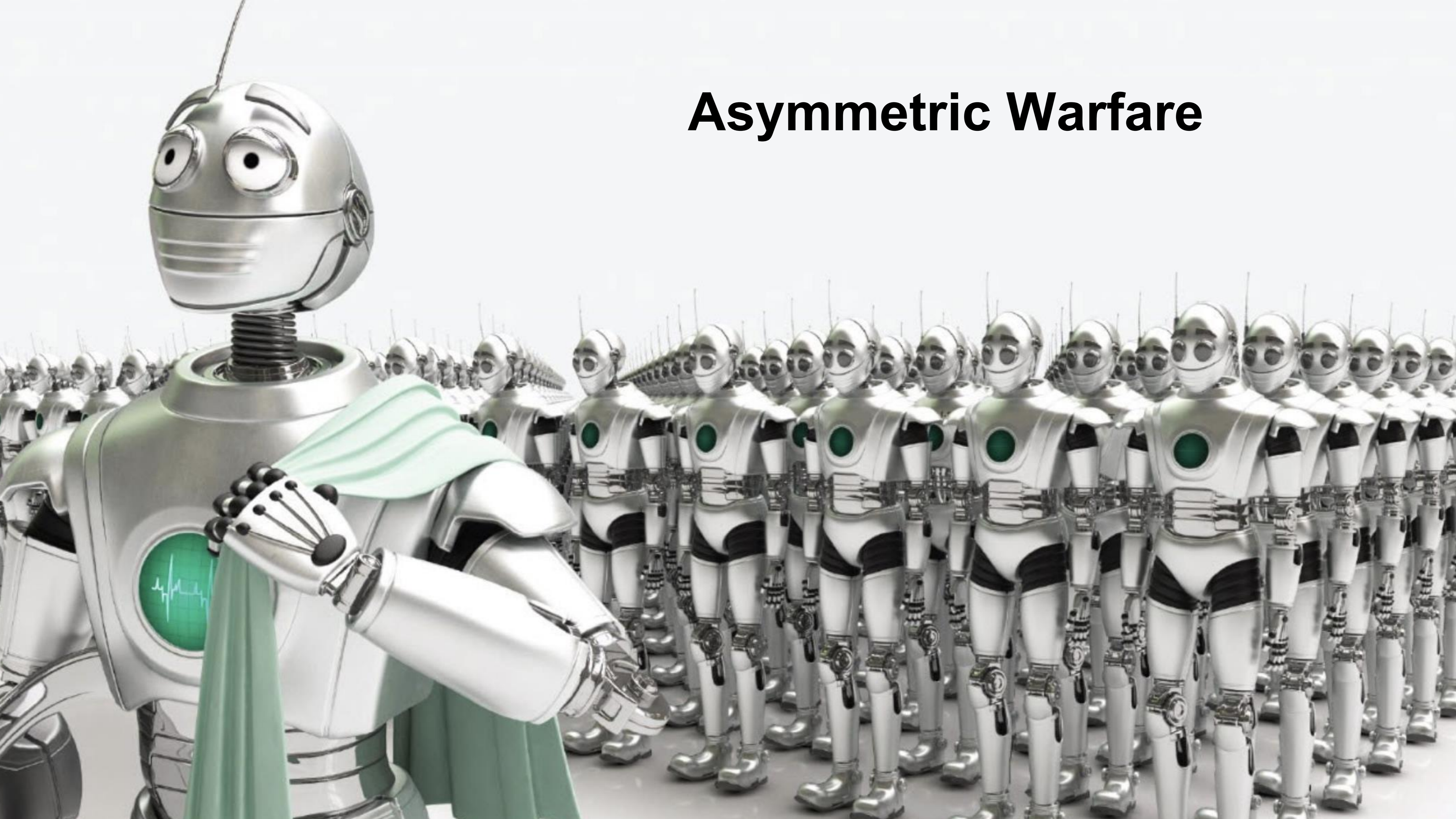
Attention as Currency



Where attention flows, money follows

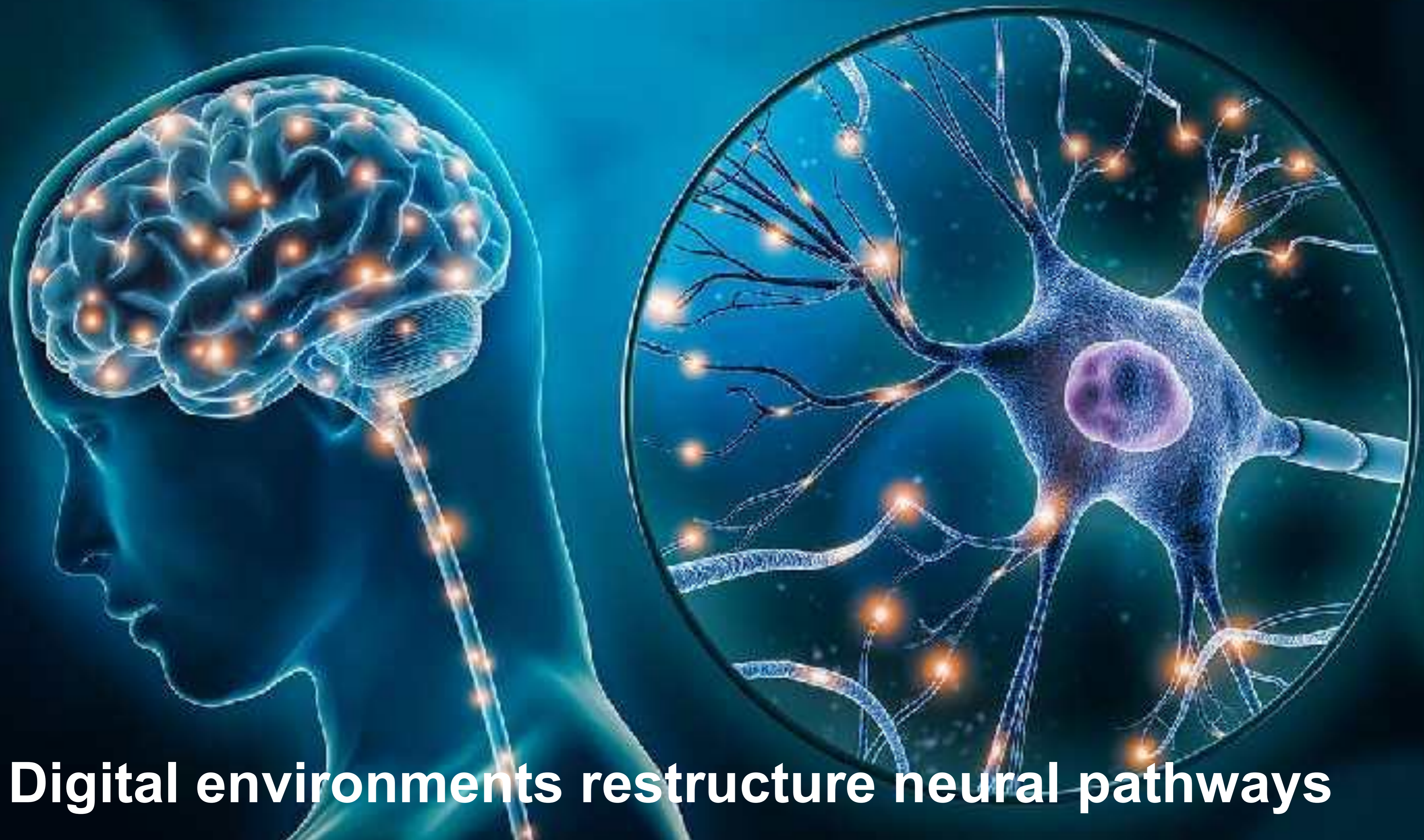


Asymmetric Warfare



Persuasive AI





Digital environments restructure neural pathways

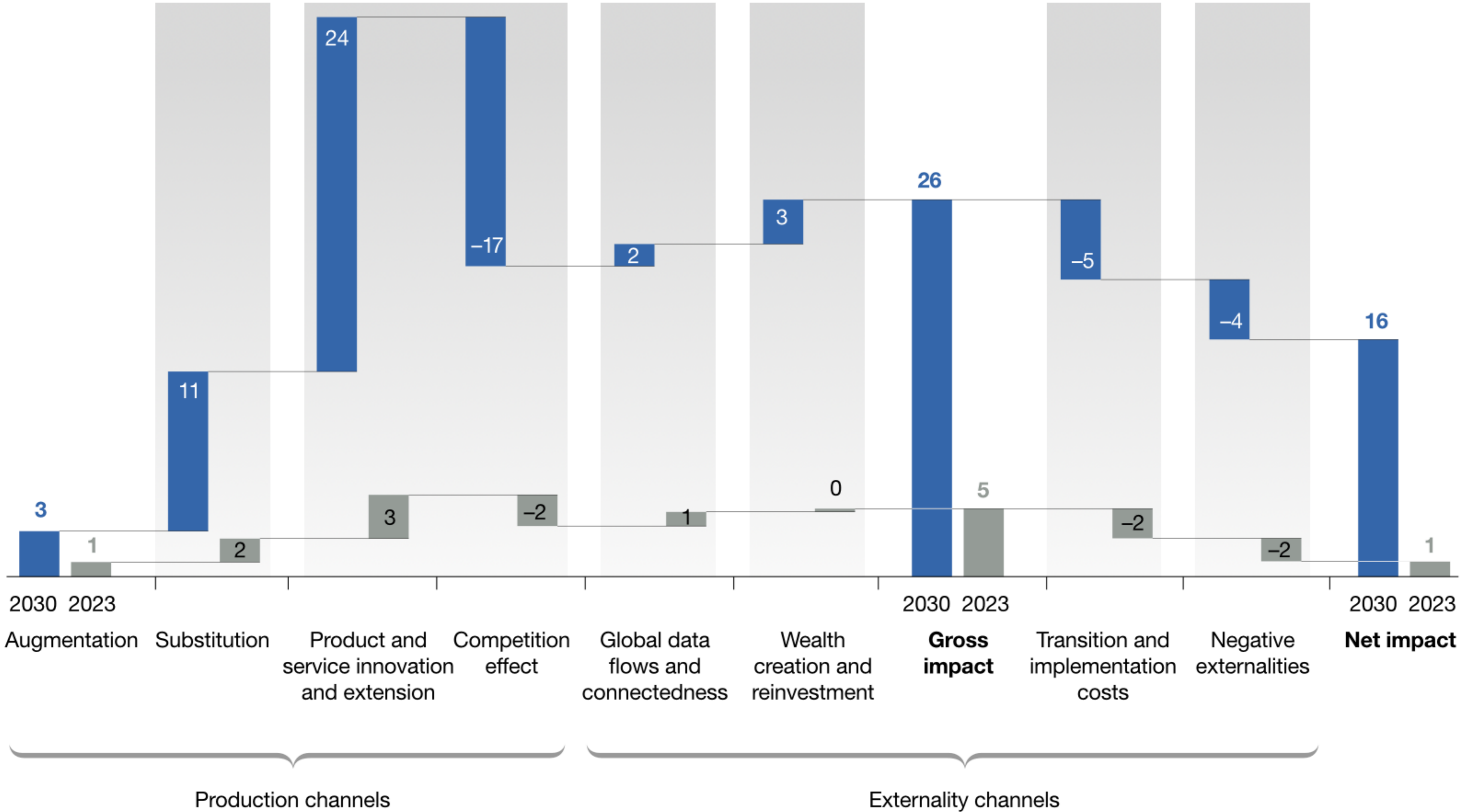


Reward Circuits Hijacked

Artificial intelligence's net economic impact has seven channels.

SIMULATION

Breakdown of economic impact, cumulative boost vs today, %



Note: Numbers are simulated figures to provide directional perspectives rather than forecasts. Figures may not sum to 100%, because of rounding.

Cognitive Defenders



A conceptual illustration of mind control. A man in a silver, futuristic suit is riding a large, muscular, blue brain. The brain is depicted with a highly detailed, almost anatomical texture. The background is a complex network of light blue, branching structures that resemble neural pathways or a web of connections. The overall scene is set against a light, neutral background.

Controlling Your Own Mind

**Metacognitive
awareness**



**Technological
boundary-setting**

**Self-regulation
of attention**

**Strategic deep
work capacity**

Elements of Cognitive Sovereignty

**Without sovereignty
other skills diminish**



AI & Cognitive Sovereignty





1. Mindfulness



2. Distraction-free Deep Work

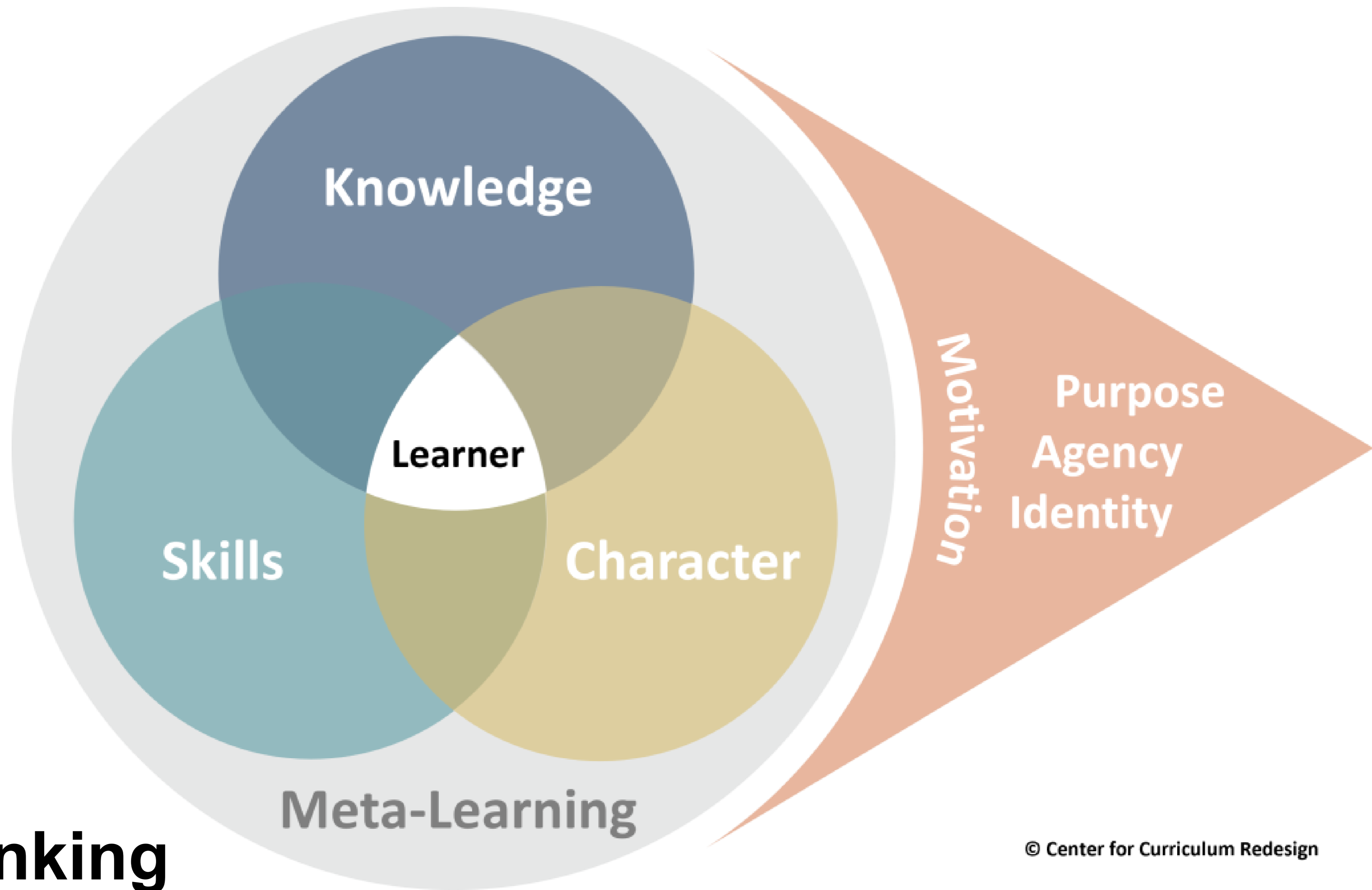


3. Technology Pause Periods

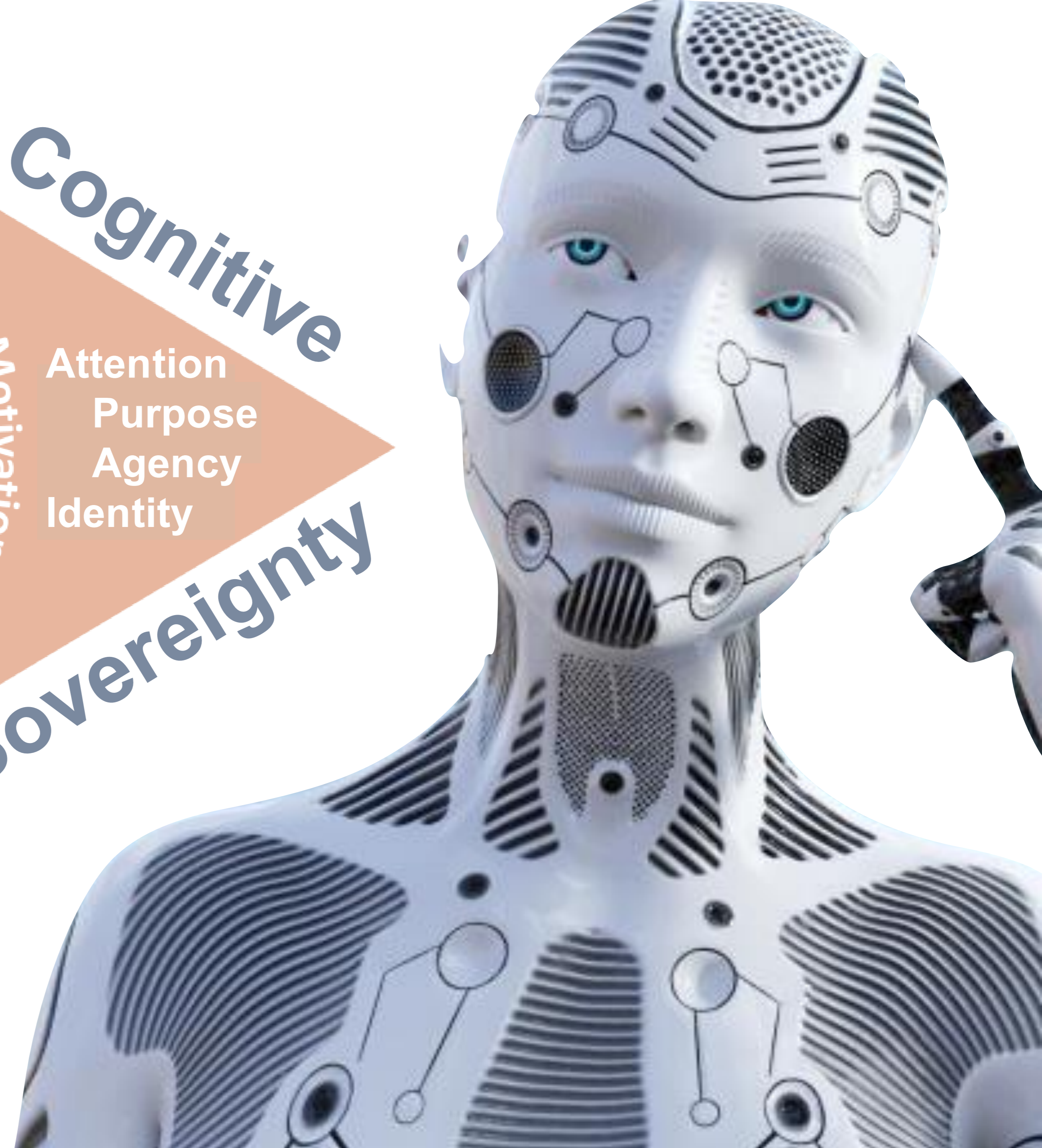
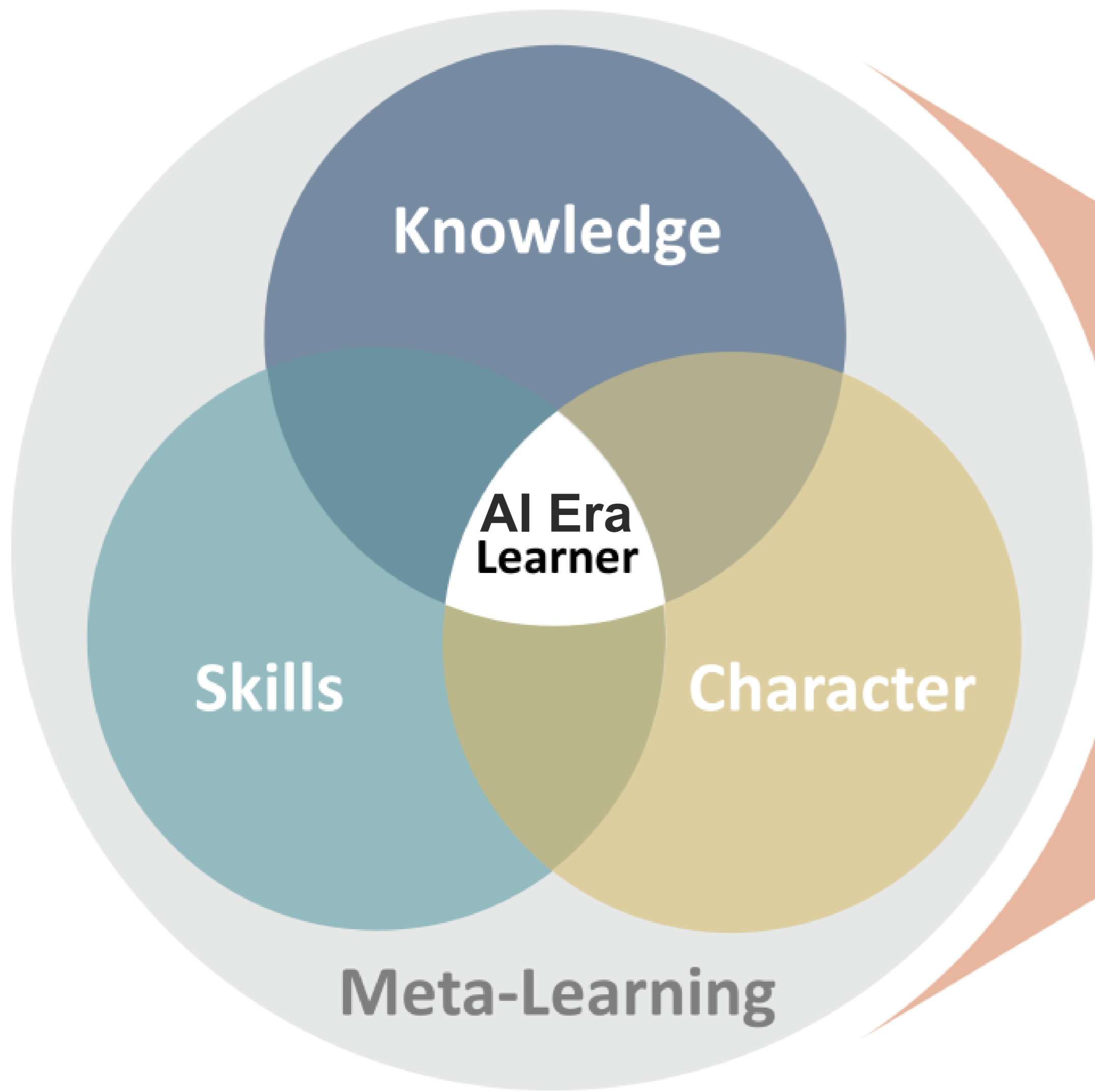


4. Metacognition





Re-thinking Learning Experiences



Re-thinking Learning Experiences

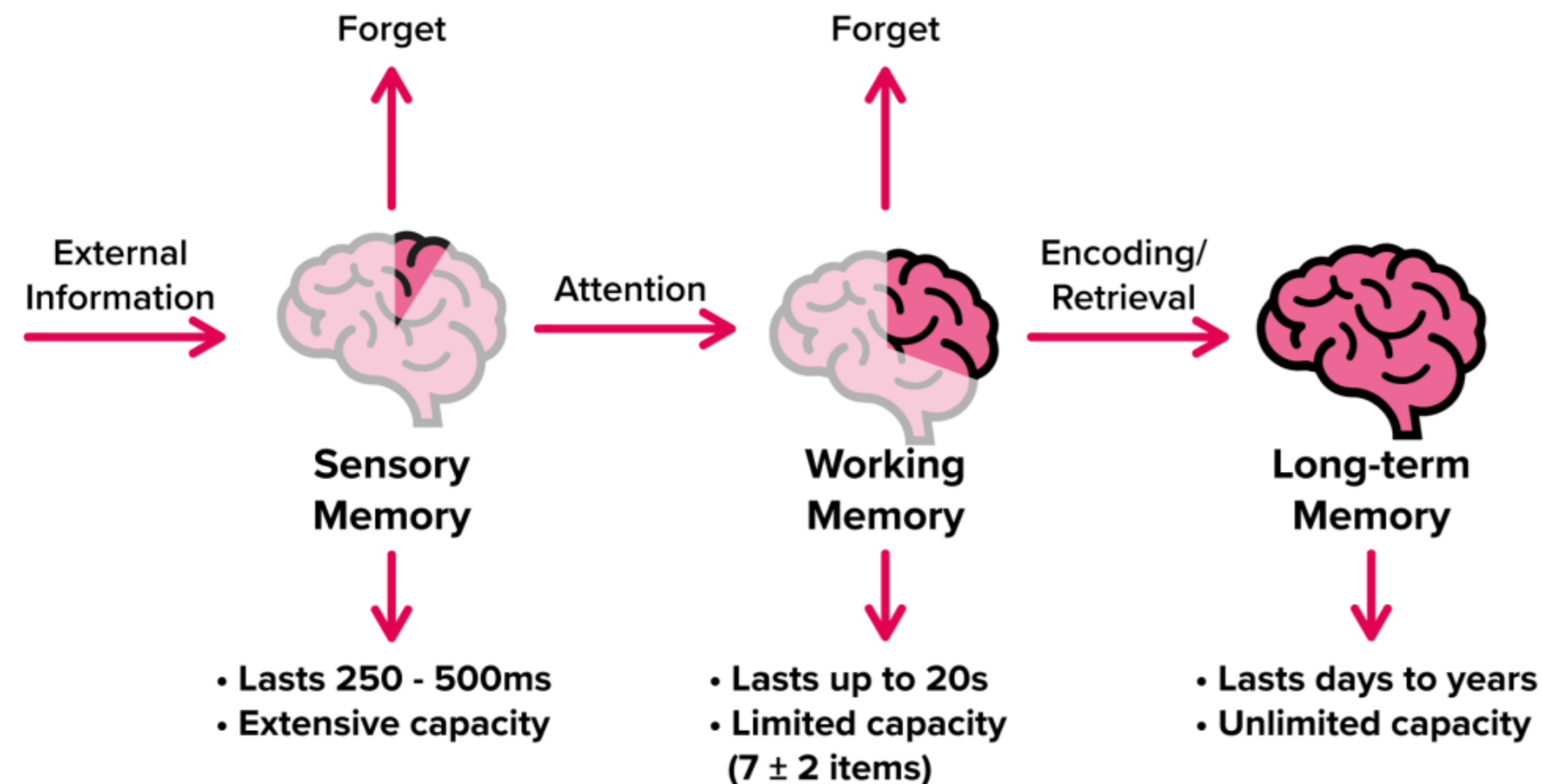
5. Cognitive-load Lesson Planning

“If there’s one thing that ALL teachers should understand it is cognitive load theory.”

Professor Dylan Wiliam



Atkinson & Shrifin’s (1968) Model of Memory



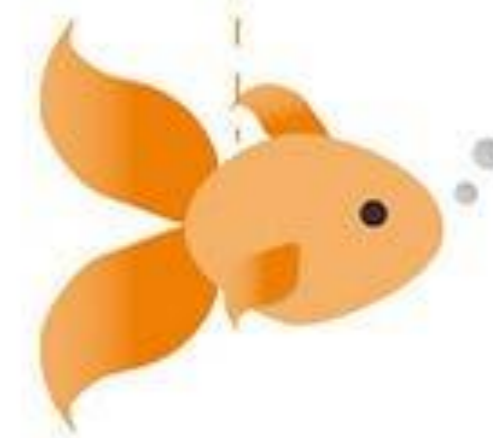
6. Attention Span Matching



THE AVERAGE HUMAN
ATTENTION SPAN IN
2000



THE AVERAGE HUMAN
ATTENTION SPAN IN
2013



THE AVERAGE
ATTENTION SPAN OF A
GOLDFISH

8. The AI DON'TS



01

DON'T overly rely on AI



02

DON'T expect perfection



03

DON'T attempt to do it alone



9. Measure and value cognitive control



Assessment



**Measure sustained
attention capacity**

**Assess cognitive
boundary setting**



**Measure distraction
recovery speed**

**Track attention
allocation efficiency**



Institutional Level Policies for AI

A young woman with long, dark braids is looking down at her smartphone. She is wearing a light-colored, long-sleeved shirt. The background shows a school hallway with red lockers and a window with a view of greenery outside. The lighting is bright and natural.

- Device-free zones and times

- Attention-protective architectural design

- Software selection prioritizing focus

- Cognitive health monitoring systems

**Attention
Nurturing
Schools...**



**...or
Attention Hostile?**

A woman with dark curly hair, wearing a dark blue suit jacket over a white shirt, is smiling and talking on a black smartphone. She is positioned on the left side of the frame. The background is a bright, hazy city skyline with several tall skyscrapers. The overall color palette is light blue and white, giving it a clean, professional feel.

AI-fluent Problem Solvers and Attention Directors

Mind Controlled or Mind Controllers?



Connect disparate ideas creatively

Make ethical judgments

Understand human needs and motivations deeply





**Future Economy =
Cognitive
Sovereignty**

76.303

97.013

94.988

26.6806

73.34

80.8344

82.7887

78.6305

52.9967



MISSION
Re-defined



The final and most essential freedom





Thank you for engaging

[LinkedIn.com/neilhopkin](https://www.linkedin.com/company/neilhopkin)

Blog: neilhopkin.wordpress.com

Podcast: The Voice of Education