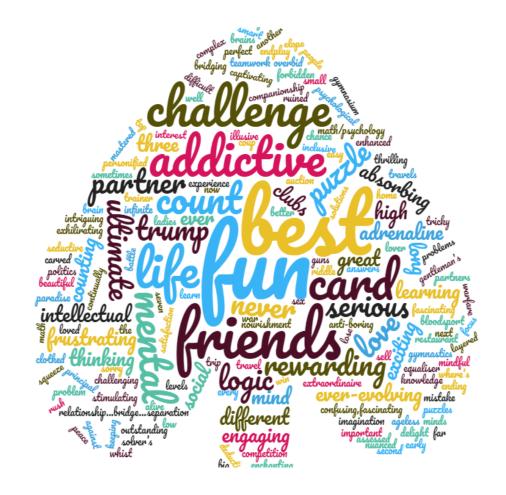
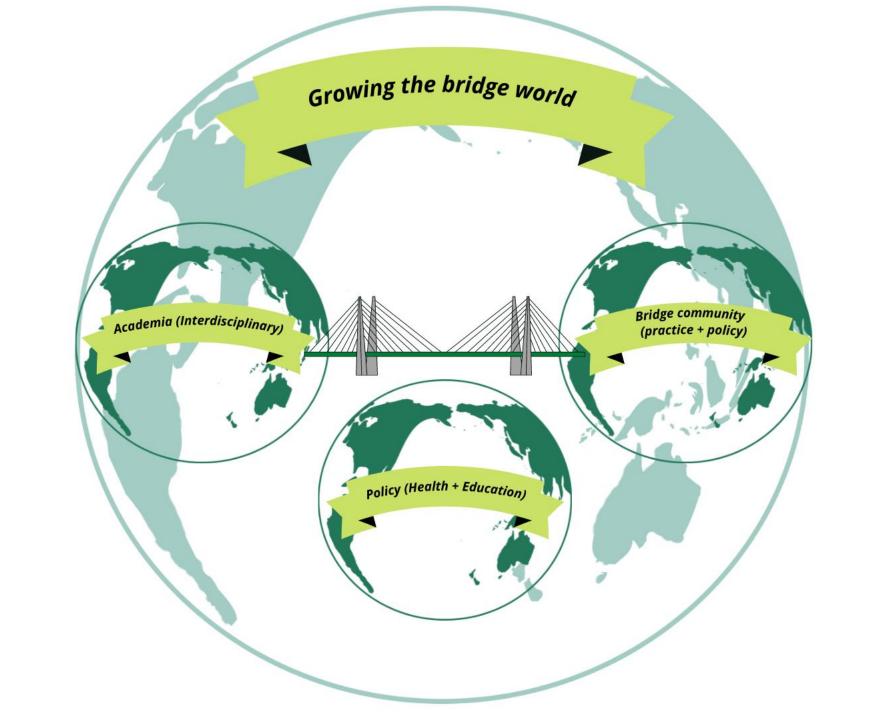


Bridge: A MindSport For All Connects People, Challenges Minds

BAMSA Aims

- Shift image of bridge
- Increase participation
- Ensure future sustainability















































Community researcher training 2024: Schedule



Bridge: A MindSport For All

Connects People, Challenges Minds





Monday the 7th of October 2024

10-11 am Welcome and introduction: Learn more about our youth bridge research ("Bridging Schools")

10.50-11 am BREAK

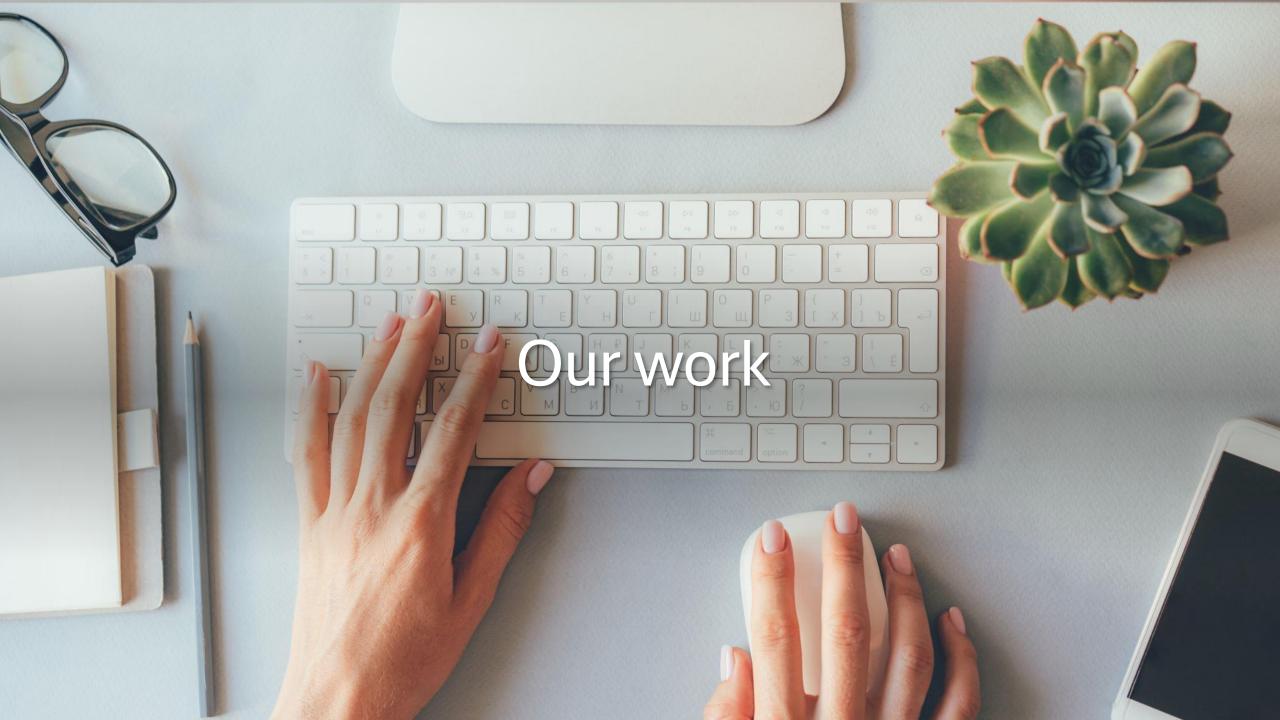
11-12 am Interviewing techniques: A handy overview of what to do before, during and after interviews

12-1 pm Light lunch

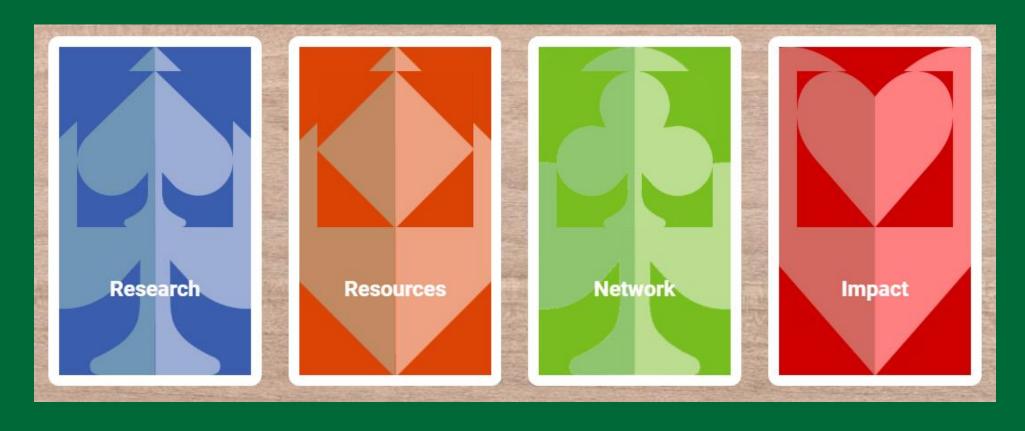
1-2 pm Practical task: a chance to practise interviewing each other using an interview guide

2-3 pm Discussion: What did you think of the interview process? What did you find easy or difficult?

3-4 pm Time for questions and wrapping up



UNIVERSITY of STIRLING





BE THE DIFFERENCE



Bridging

Minds

Dynamics & Interactions

Read more



Bridging

Gender

Attitudes & Inequalities

Read more



Bridging

Wellbeing

Social Benefits

Read more



Bridging

Covid

Improvise, Inspire, Invent

Read more



Bridging

Organisations

Challenges & Opportunities

Read more



Bridging the

Gap

Lifecourse Transitions

Read more



Bridging

Schools

Classroom Case Study

Read more



Bridging

Sociology

Teaching MindSport

Read more



Research outputs for each study

4449

Bridge: A MindSport For All

Connects People, Challenges Minds

- Academic papers
 - Accessible summaries

Interdisciplinary work



Bridging

Covid

Improvise, Inspire, Invent

Read more



Bridging

Sociology

Teaching MindSport

Read more



Bridging

Minds

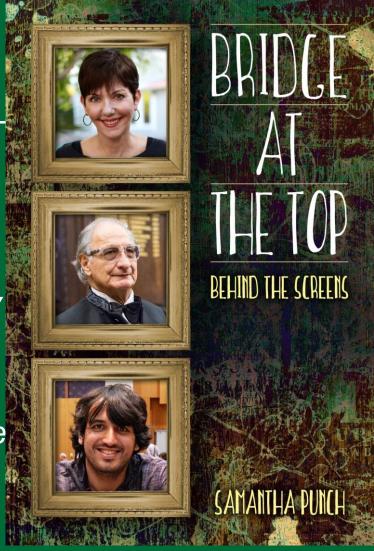
Dynamics & Interactions

Read more



Bridging Minds

Emotions at the bridge table are bad, period – especially negative ones.
Negative emotions are real killers...
Temperament is everything. You really just have to be encouraging and keep a positive attitude. You can't get too emotional. You've got to be supportive of your partner.





The Art of Becoming A Top Bridge Player



Samantha Punch with Tim Rees



Foreword by **Jeff Meckstroth**

Non-technical skills

Partnership & team dynamics

Coping with pressure

Emotion management

Winning and losing

Preparation

Player development

BE THE DIFFERENCE

The benefits of bridge: bridging minds

I'm quite sure that the lessons I've learned at bridge have helped at business and lessons I've learned at business have helped at bridge. A lot of what you learn isn't applicable to the other but some of it is the same stuff. Being good team-mates, being a good partner or co-worker. If you're nice to them, they'll do better. In business, learning what is important and what isn't is very helpful.

(Nick Nickell)



https://bridgemindsport.org/home/research/bridging-minds/



Bridging

Gender

Attitudes & Inequalities

Read more

Bridging Brains:

Gendered Attitudes and Inequalities in a Mindsport

Factors that Reproduce Gender Inequality



https://bridgemindsport.org/home/resources

What is Neurosexism?

It is the practice of claiming that there are fixed differences between female and male brains, which can explain women's inferiority or unsuitability for certain roles.

(Rippon, 2016, p.1)

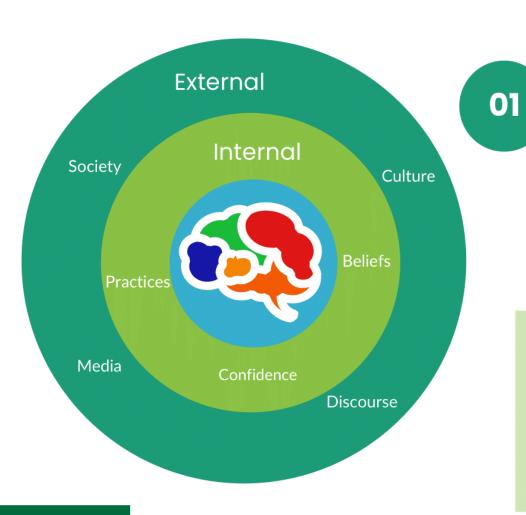


Men's Dominance in Bridge

Men's dominance in elite mindsport can be explained through historic and structural opportunities that privilege men, rather than a result of gendered brain differences.

'Experience wires the brain': Lessons for bridge

Change in the wiring of the brain is possible as the brain is dynamic, constantly evolving and closely connected to cultural context



External & Internal

Behaviours and beliefs are shaped by the social and cultural environment

03

02

Neuroplasticity

Brains adapt and respond to how people are raised and treated in society

Creating a more inclusive setting for bridge

- Avoid discriminatory language and practices based on outdated notions of fixed gendered brains
- Minimise social barriers that negatively impact participation
- Promote unconscious bias training for TDs, NPCs, coaches
- Implement the European Bridge League Gender Policy

BAMSA Conference (June 2021)



- 8 Sessions: presentations, summary report, recording of live sessions
- Themes included: benefits of mindsport, wellbeing, pandemic impacts, cheating, ageing and intergenerational relations, gender inequalities, marketing
- Day 4: Education, Learning and Development

https://bridgemindsport.org/bridging-academia-policy-practice-conference









Collaboration with NBF

- An international partnership of similarly minded people
- We both aim to increase the number of young people playing bridge
- NBF brings local knowledge, practical expertise, and lots of enthusiasm
- We bring academic rigour, develop muchneeded evidence, and work with bridge unions and federations to make a positive impact, both in Norway and across the world



A question for you:

What kinds of research would you like BAMSA to carry out in the future?

Any questions for us before we continue?



Bridging Schools project: Bridge, Youth and Mindsport Education



Why youth bridge?

Only 1.5% of all bridge players are between the ages of 13 and 24

The average age of bridge players is 74 according to the latest data in the UK

Bridge is a mindsport **for all,** regardless of age or background

By welcoming more young people to the game, we not only increase the player pool, but also create a sense of community and intergenerational learning



What are mindsports?

- "Mindsport" is an umbrella term for all mindsports (chess, Go, scrabble): sports played with the "mind"
- Bridge is a type of mindsport
- Hence sometimes we may say "Bridge education" or "Bridge and mindsport education"
- We are researching the sociology of mindsports



Our definition of a mindsport

"A sport that relies on intellectual capacity more than physical capacity" – Sam

"A sport that you play with your mind" – Marina

What do you think? How should mindsports be defined?

What is mindsport education?

- Teaching mindsports: pedagogy, teacher training, educational policy links
- Bridge in schools (extracurricular)
- Bridge as an educational tool (in the curriculum)
- Learning in the community (linked to the school teaching)

We need to find out which of these types of teaching are active in schools



Chess

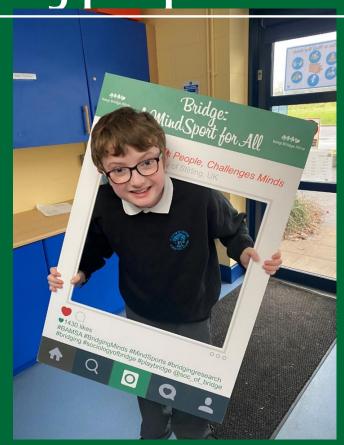
Chess has already received widespread attention:

- Conferences and summits of chess educators
- Events and festivals
- Government and policy recognition
- Media coverage (press, TV)
- Online streaming and competitions
- Chess as an educational tool and chess in schools



What are the benefits of bridge for young people?

- A fun and free activity
- Promotes sportsmanship, courtesy, communication
- Play casually or travel to competitions to represent their country
- Can be played everywhere: digitally, at school, with friends, at bridge clubs
- Can be played with anyone: multigenerationality
- Benefits for teachers: there are resources to help teachers and pupils learn bridge together



Bridging Schools project: Bridge, Youth and Mindsport Education

- Explore the benefits and barriers of bridge and mindsport education for young people – why do they play or not play?
- Develop social science evidence to help establish bridge as a partnership mindsport
- Create a toolkit and work with schools to embed bridge in the curriculum



Project overview: Bridging schools

Fieldwork in four countries: Scotland, England, Norway and the USA

- Data collection with young people, parents and bridge/schoolteachers
- Methods: interviews, focus groups, participant observation and a survey



Five advisory groups

- Scotland
- England
- Norway
- USA
- International steering group



Research questions

What helps and hinders learning and playing bridge?

Teasing out the differences:

- Teaching vs learning
- Playing vs learning
- Direct (showing and telling) vs indirect instruction (free play) – which is preferred? How do children learn best?
- Pros and cons of each

What do you think: is learning and playing bridge the same? Are we right to separate them?



Research questions

What is the current degree of provision of bridge and mindsport education?

- What approaches to bridge teaching are currently utilised in schools?
- What are the benefits and outcomes of bridge and mindsport education?

Including:

- Best practices in teaching: which approaches are best received and most effective? (including teacher training, materials, classroom setup – all factors that feed into the teaching)
- The attitudes towards bridge education in society: what do children's teachers, parents, and peers think of bridge?
- How, when, and why do young people engage with bridge outside of school? (learning vs playing)

Research questions

How can the design and delivery of bridge and mindsport education be improved?

- How can bridge and mindsport education address the current educational priorities and challenges?
- What modes of teaching training should be adopted to facilitate the widespread introduction of bridge and mindsport education in schools?

Including:

- How can we encourage more young people to take up bridge?
- Which of the approaches taken in the promotion of other activities or mindsports (such as chess) could be transferrable to bridge?
- Transitions: how can young people continue to play bridge beyond school/as adults?
- What are the opportunities and barriers for youth bridge in schools?

Next steps

- Data collection and getting access to schools
- Mindsport as a response to key curriculum challenges – numeracy; health and well-being?
- Widening access to bridge what kinds of resources?
- Embed bridge and mindsport education into the national educational strategy – working with educational bodies, local authorities, and the Government?



Bridging

Schools

Classroom Case Study

Read more

Accessible Resources

- Best practice guides
- Visual leaflets targeted at parents, schools, teachers, children and young people
- Promotional videos for social media
- What else might be useful? Any ideas?



New survey report: Children's views of bridge



- Survey of 135 children within 3 schools: Vågsbygd skole, Fjellhamar skole, and Tindlund barneskole
- Only 22% had played bridge before (boys more than girls)
- 95% had played other card games before
- 41% would be interested in learning bridge after school

Young people's opinions of bridge

Positives

- Play with friends and family
- Collaborate in a team
- Learn a new game
- Teach others how to play Become smarter
- Get better at bridge
- Have fun
- Win!

Negatives

- Requires concentration
- There is pressure to perform
- It takes a long time to learn and become good
- There are a lot of rules in bridge
- Need to have patience and wait for others to play their hand
- Losing!

A question for you:

What might be the opportunities and challenges of introducing bridge in schools?

Any questions for us before we continue?



Break

Next:

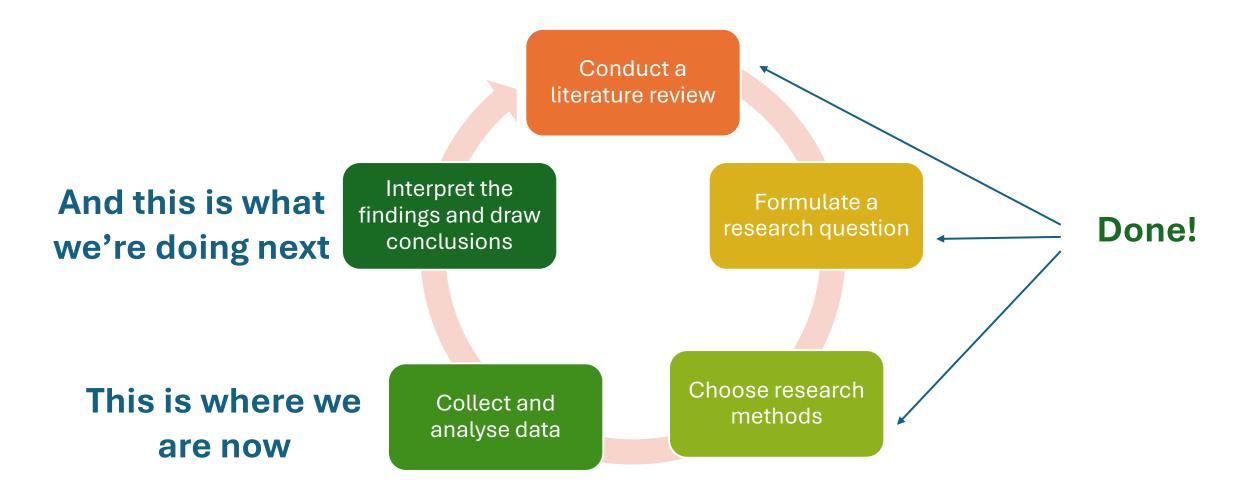
(11 am) Interviewing techniques

Doing research – the basics

- What is research? Asking questions and collecting data to describe or explain an effect in the world
- Why do research? To generate rich evidence about a question
- Types of research: **quantitative** (numbers, percentages) and **qualitative** (the where, what, how, why?)

The research process





The role of the community researchers (that's you!)

- By carrying out their own research, community researchers create positive change in their own community.
- Community researchers have first-hand experience of the research setting that researchers may lack.
- Community researchers have insider knowledge and relationships that help them bring unique perspectives to the research.

Social Research methods

Types of Data

- Interviews individual and group
- Focus groups
- Diaries
- Written stories/narratives
- Survey/questionnaires
- Validated scales
- Documentary analysis

- Written words
- Spoken words
- Video
- Images photographs, drawings etc.
- Numerical data
- Measures from scales

Why do interviews?

"Knowledge is understood as buried metal and the interviewer is a miner who unearths the valuable metal...
The knowledge is waiting in the subject's mind to be discovered."

Steinar Kvale, 1996



The main task in interviewing is to understand the meaning of what the interviewees say.

(Kvale, 1996)

It is important to organize in detail and rehearse the interviewing process before beginning the formal study.

(Valenzuela & Shrivastava SCIAR)

The guide approach is intended to ensure that the same general areas of information are collected from each interviewee.

(Valenzuela & Shrivastava SCIAR)



Interviewer needs to know the many ways that they can inadvertently bias the results.

Types of interviews





Structured

standardised
no flexibility
same order of questions
same wording of questions

Semi-structured

flexible interview schedule

flexible questioning: to clarify, expand, probe, follow-up issues raised

similar broad structure: some comparability



Unstructured

non-standardised

life history, biographical or oral history interview

open and flexible, not constrained

general topic or themes to explore

Before the interview

- Have a good look through the interview questions no need to memorise but good to be familiar with them
- Find a **good, quiet location** and **prepare your materials** (notebook, recording devices, watch, water)
- Introduce yourself and explain the purpose of the interview
- Request/confirm consent to participate and to record
- Ask interviewee(s) if they have any questions.
- Record the interview (audio recording and some notes)



Consent forms – important!

"Informed consent entails that participants should receive detailed information on the research they are participating in, so that they can make a voluntary, informed and rational decision regarding whether or not to participate in such research"

(Ferreira and Serpa 2018)

Thinking about consent

What does consent mean?

Participants **fully understand** the nature of the research and how their data will be used (they are informed) and they **consent** to take part = **informed consent**

Why do we need consent from research participants?

So that the research is **fair and ethical**, and the **participants know** how their data will be collected, stored and shared

Stages of consent

There are two distinct stages to a standard consent process for competent adults:

Stage 1 (giving information): the person reflects on the information given; they are under no pressure to respond to the researcher immediately.

Stage 2 (obtaining consent): the researcher reiterates the terms of the research, often as separate bullet points or clauses; the person agrees to each term (giving explicit consent) before agreeing to take part in the project as a whole. Consent has been obtained.

Recording the audio – important!

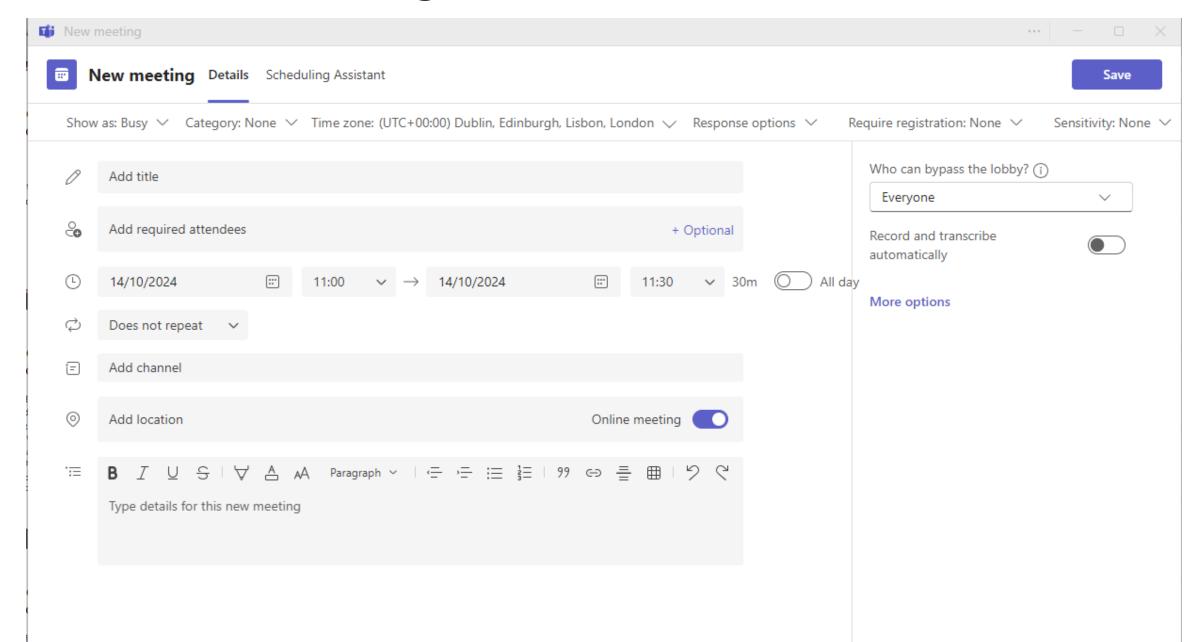


 Use two devices and make sure they're recording

Make sure the room is quiet

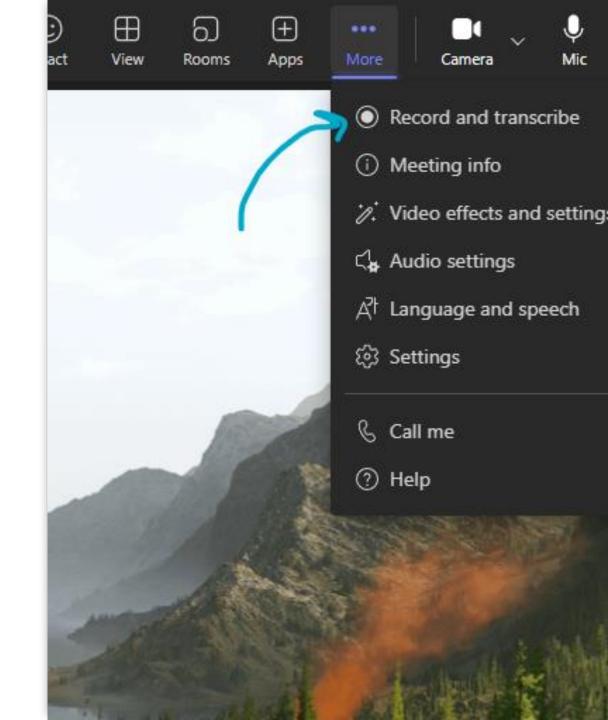
 Could be any combination of devices: laptop (Teams), tablet (recording app), phone (recording app), dictaphones

Schedule a meeting in Teams

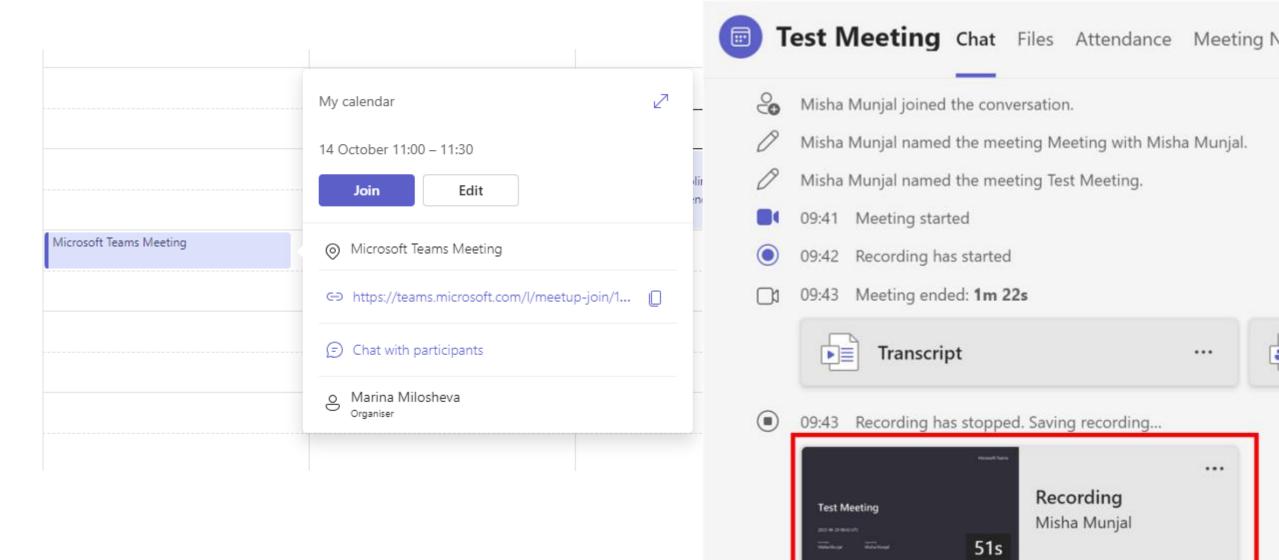


Teams automatic transcription

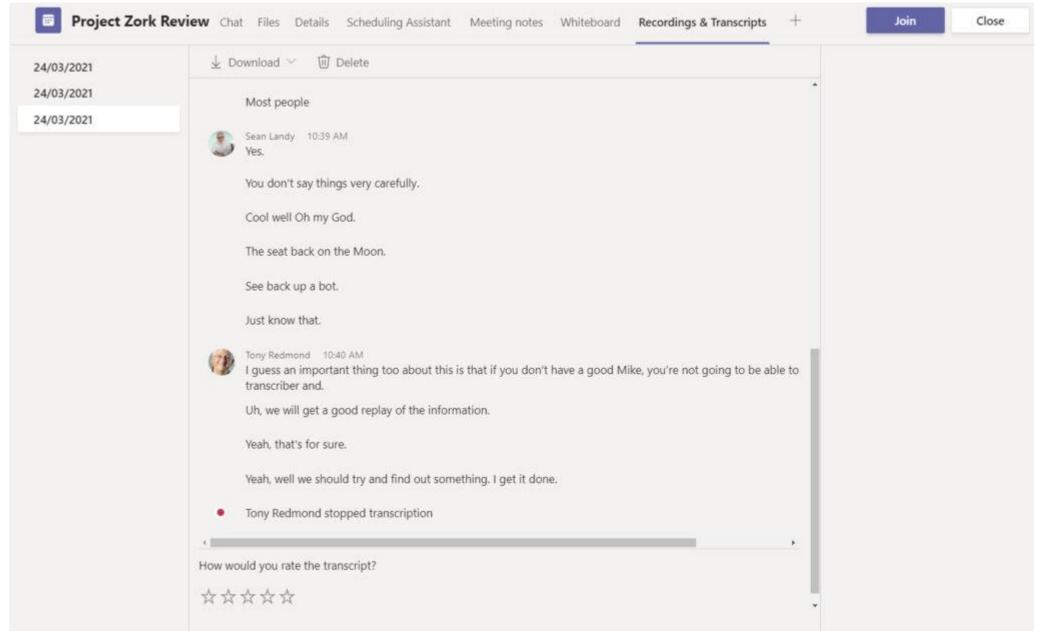
- Start a meeting
- Select "Record"
- An automatic transcript will now be generated as you speak



Where to find the Teams transcript



Correcting the transcript



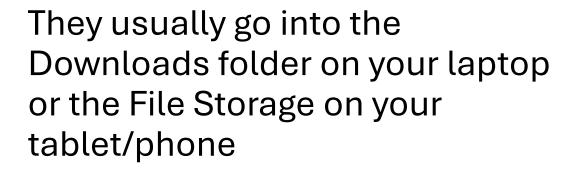
Saving the files







Transcripts





Photos of practical exercises

Please transfer for easy sharing:

- To OneDrive
- To local storage
- To USB stick

Doing research interviews – best practices

- The interview has a structure and a purpose slightly different to normal conversation
- We need to ask everyone **similar questions** so that we can later compare their responses
- One of the most important skills is to be a good listener
- Use open, non-leading questions: "and what did you think of that" as opposed to "surely you thought that was fun?"
- Do not share what you think (as you may influence the response)

During the interview:

Interview topic guide - young people

Introductions. Purpose and duration of interview. Questions? Start recording.

The interview guide is there to help you!

There are question groups and subquestions

Logical order – makes sense to ask some questions first

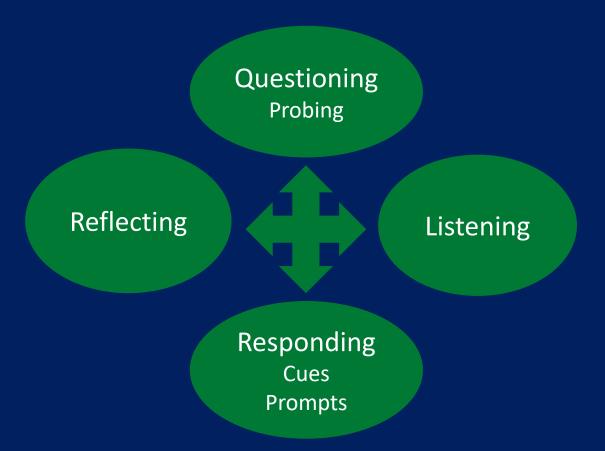
Background/intro to bridge

- Tell me about yourself (icebreaker). How old are you/what are your favourite subjects?
- When/how did you first start playing bridge?
- How did you hear about it? What did you think of it when you first heard about it?
- How much bridge does your family play (e.g. in clubs or tournaments)?
- Tell me about your interest in bridge and motivations for why you play bridge. What attracted you to bridge?
- How often do you play/practise bridge on an everyday basis, and where (e.g. outside school)?
- Which competitions/events/summer camps have you taken part in? What did you like/dislike about these experiences?
- What are your experiences of digital/online bridge for learning and playing?

Learning to play bridge

- What do you think of the way bridge is taught at your school?
- What do you like best about it? What could be improved?
- How well has the current bridge programme met your expectations? What aspect(s) have exceeded expectations, what didn't meet expectations?
- What do you find easy or difficult about learning to play bridge?
- What has gone well, and what has been challenging?
- How likely are you to continue learning/playing bridge? If you're going to keep learning what is keeping
 you interested in bridge? If you're thinking of dropping out, what are the reasons?
- What are your future plans in relation to playing bridge (e.g. in what ways might you continue playing after you leave school)?

During the Interview





During the interview: asking good questions

Elaboration	Clarification	Detail-oriented	Questions to avoid
 Would you elaborate on that? How do you mean? In what way? Could you say some more about that? That's helpful. I'd appreciate if you could give me more detail. 	 You said the program is a "success". What do you mean by "success"? What you're saying now is very important, and I want to make sure that I understand, please explain some more. 	 When did that happen? Who else was involved? Where were you during that time? How were you involved? How did that come about? Where did it happen? How did you feel about that? 	 long and complicated questions – Can you tell me about X, Y, and Z; leading questions (I am sure that this is what you're going to say but let me ask you anyway) jargon

Interviewer Bias

The interviewer's expectations or opinions may interfere with their objectivity.

(Interviewer bias – Oxford Reference Database)

The way in which they ask questions and respond to answers

Using certain language, phrases or leading questions

Outwardly expressing one's own beliefs or answers to questions

Pretexting
questions with
implicative
phrases, such as
"I'm sure you
know this already
but..."

Body language or facial expression

Personality or social background of interviewer can create bias

Prompts and Cues



Prompts: Things you may need to remind the interviewee about.

Verbal & non-verbal cues: encouraging the interviewee to continue

Prompts: Readyprepared things to mention if the interviewee hasn't. Verbal and non-verbal cues:

specific to different cultures
e.g. nodding,
smiling, maintaining eyecontact, saying 'uh-huh' or 'I
see' encouraging to continue.

Differences between interviewing adults and children

Understanding the differences

- Language: Children require shorter, simpler questions
- They may need more prompts and follow-up questions (due to short answers)

Understanding the similarities

- Children are competent social actors who navigate the adult world: beings in their own right
- They have agency: we need to invite their own opinions and not see them as passive actors



Researching with children

Minimising power imbalances

- Researchers are seen as having more power in interactions
- Adults are also seen as having more power
- An adult researcher may be seen as both: an authoritative figure!

Building rapport

- Young people are not always used to being asked what they think
- Parents talk about/on behalf of their children; same with teachers about their pupils

Researching with children

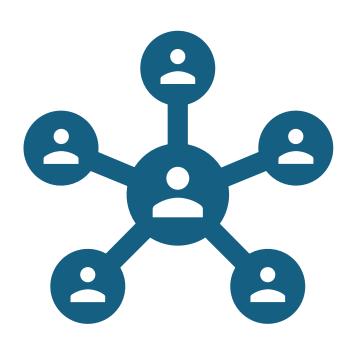
How do we minimise the power imbalances?

- Encourage active, not passive, engagement.
- Emphasise that everyone is free to speak up without repercussions, and what is discussed will not be shared with others before being anonymised
- Build rapport: Be friendly, listen to the children, take them seriously
- Be patient, clarify questions if needed

After the interview

Reviewing notes, reflecting on what went well, adapting the approach for next time

- What surprised you?
- What areas of questioning worked/didn't work?
- What didn't you find out?
- What would you do differently next time?



Group or individual interviews?

There are advantages of using group interviews (also known as focus groups)

- Young people may be less intimidated in the supportive company of peers
- Enhancing each other's responses:
 one participant says something which
 another may not have considered,
 and prompts more discussion than in
 an individual interview
- It can be established which opinions are individually held and which are more widely held by the group – this is not possible in individual interviews

Focus groups tips

- 4-6 young people
- Preparation: bring sticky notes, flipcharts, and pens!
- Similar to interviews but also a bit different: think of it as a "group interview"
- Making sure all voices are heard people are not talking over each other/ no one is too dominant or quiet and everyone gets a chance to speak
- Encouraging discussion "what does everyone else think?";
 "would you agree or disagree, and why?"

Focus groups tips

- Establish trust and comfort welcome participants into a nonjudgmental setting and let them know that they can share their opinions freely
- It helps to have name badges (with pseudonyms) and to dedicate time for introductions
- There can be a tendency for everyone to agree with each other welcome diverse perspectives (e.g. repeat back statement "are there other factors at play, what do you think"?)
- Balance between letting the conversation flow (with several speakers organically conversing) and carrying on to a different topic

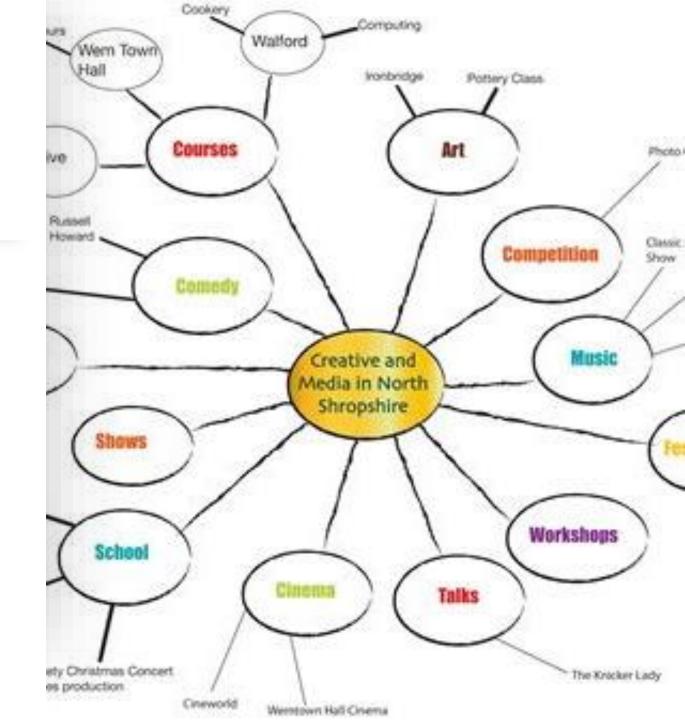


Practical task: Sticky note sorting

- For example: "What do you like most about learning bridge?"
- Each participant receives a set of sticky notes
- They note down their thoughts
- The notes are then organised into groups onto flipchart paper
- They can be ranked by importance
- Important: take a photo or the notes may be lost!
- Best to use different colour notes for each participant so they don't get mixed up

Practical task: Spider diagram

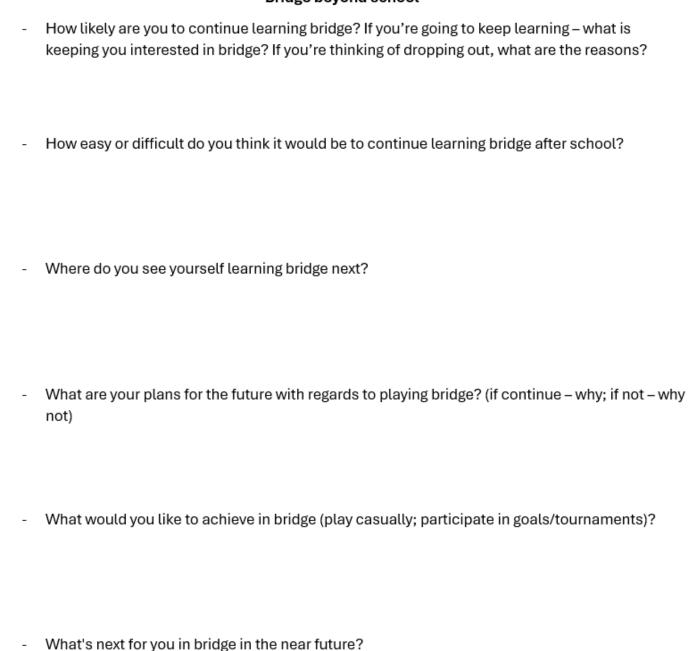
- For example: "What are your ideas on how we can attract more young people to bridge?"
- There is a prompt in the centre of the diagram
- Participants organise their ideas around the prompt before discussing in more detail
- Important: take a photo or the notes will be lost!



Practical task: Individual writing

- Each participant takes time to write under the prompts
- Their responses are discussed
- Collect/take photos of the responses on paper

Bridge beyond school



Taking (good) photos

- If the children and their parents have consented to photography, it would be great to get some photos of the discussion and activities (e.g. of the flipcharts)
- A mixture of long shots and close shots from different angles





Break (lunch)

Next:

(1 pm) Practical tasks

Practical tasks

1-2 pm Interviewing roleplay pairs and focus group practise

Take turns being the interviewer & interviewee using the three interview guides (for young people, parents, bridge teachers)

2-3 pm Discussion

What did you find easy & difficult?

Interview practise

- Split into pairs choose one of the interview guides to use (for young people, parents, bridge teachers)
- For 15 minutes, one researcher interviews the other (who plays the role of an interviewee)
- Then switch roles for another 15 minutes
- Switch to a different interview guide and repeat
- Take notes and test recording devices

Focus group practise

- We will now do a focus group demonstration
- We will all get to see what it's like being a participant in a focus group
- Sam will be the facilitator and we will be the young people

Important:

- 1. How rapport is built
- 2. how questions are asked
- 3. how the discussion is facilitated and steered

Discussion

Interviews

- What did you find easy?
- What did you find difficult?

How easy was it to: Use the interview guide? Keep time? Take notes whilst also listening? Switch topics?

Focus group

What was it like to be a focus group participant?

What did you notice about the way the focus group was led?



Questions and looking ahead

Thinking about the next few days, what questions spring to mind?

How are you feeling about the school visits?

Tuesday

Group A: Tindlund School (Sarpsborg)

08:00: Departure from Oslo

09:30: First interview: Bridge electives 23/24 and

24/25

09:30: Parallel: Interview with teacher bridge

electives, Stein Henning Gjerlaugsen

Sixth graders (if more than 6 children wish to

attend, if not we start at noon. 11:30)

12:00: Interview with Rector Tindlund primary

school

13:30: Observe school bridge/interviews

15:00: Interview bridge teacher and assistants

16:00: Home travel

Group B: Wennersborg school (Kongsberg)

07:30 Departure from Oslo

09:30: Interview with sixth graders

11:45: Interview with seventh graders

14:00: Interview with bridge teachers

Group C: Gystadmarka school

10-11: Interview young bridge teacher

12-13: Interview kids

14-16: Observing leisure facilities

17:00: Interview volunteers Gystadmarka school

(Jessheim)

Wednesday

Group D: Ullevål school

10:00: Interview of children who will participate in

the bridge introduction later in the day

11:00: Interview by contact teacher?

12:30-14:30: Bridge introduction for the entire sixth

grade. Observation and interaction.

Group E: Tveita school

10:00: Interview of assistant principal at Tveita

school

12:30: Interview of bridge teacher at Tveita school

17:00: Joint dinner

Suggested groups

Researchers	Destination	
Ingeborg, Toralf, Lise	Tuesday Tindlund	
Oddrun, Dag, Thoger	Tuesday Wennersborg	
Magdi, <mark>Ove</mark>	Tuesday Gystadmarka	
Magdi, Ove, Toralf, Oddrun	Wednesday Ulleval	
Dag, Thoger, Ingeborg, Lise	Wednesday Tveita	