

# REFLECTION QUESTIONS

The Reflection questions at the end of each unit will have three components: Learn, Internalize, Teach.

- Learn questions will cover what 'information' you gathered from the lesson.
- Internalize questions will ask you how the concept relates to you and your own life.
- Teach questions will ask you to think about how you will present the concept to your staff or students.

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## Lesson 1 Reflection Questions:

*Learn:* What is the difference between top-down and bottom-up extremism?

*Internalize:* Where do you think you might have some conflicting ideas about growth mindset? For example, do you believe everyone can 'grow their brain' with effort + strategies + guidance, but do you believe you could never get better at learning a language, cooking, or roller blading? Why do you think that?

*Teach:* How would you explain bottom-up and top-down neuroplasticity to a five-year-old?  
How could you see yourself introducing this idea in the classroom or in a staff meeting?