



**O'level**  
**Foundation**  
**Week 12**

**The Write Tribe**

**RECAP B**

WEEKS 5, 7 AND 9

**NO!**  
**Familiarity DOES NOT**  
**breed contempt!**

**QUIZ TIME!**

**1. Which one is responsible for automatic behaviour?**

- a. Amygdala
- b. Basal Ganglia

**2. What does D.O.S.E stand for?**

- a. Dopamine, Oxygen, Serotonin, Endorphins
- b. Dopamine, Oxytocin, Sara's Not In, Endorphins
- c. Dopamine, Oxytocin, Serotonin, Endorphins

**3. Rank Maslow's hierarchy of needs from bottom to top of the pyramid**

- a. Safety, love and belonging, physiological needs, self-actualization, esteem
- b. Physiological needs, safety, love and belonging, esteem, self-actualization
- c. Esteem, physiological needs, love and belonging, self-actualization, safety

**4. According to Abraham Maslow, when basic needs are not met, people cannot achieve higher aspirations.**

- a. True
- b. False



**5. Serotonin is a happy chemical that regulates mood and is important in social behaviour.**

- a. True
- b. False

**6. \_\_\_\_ and \_\_\_\_ are cuddle hormones.**

- a. Serotonin and Dopamine
- b. Oxytocin and Vasopressin
- c. Oxytocin and Dopamine

**7. \_\_\_\_\_ is a stress hormone.**

- a. Serotonin
- b. Oxytocin
- c. Cortisol

**8. A task becomes easier to do because the more you do it, the more ingrained it becomes in your neural pathways. Neurons that fire together, wire together!**

- a. True
- b. False

**YES!**  
**Familiarity DOES**  
**breed contempt!**

**QUIZ TIME!**

**1. At which year do many marriages break apart**

- a. 7th year
- b. 25th year

**2. Is it true that dopamine decreases the longer we are in a relationship?**

- a. True
- b. False

**3. What did Charles Darwin think?**

- a. We are hard-wired with a growth mindset because it gives us an evolutionary advantage by helping us adapt to changes. After all, the ones who adapt easily to changes survive the best!
- b. We are hard-wired to be complacent because change is scary. it gives us an evolutionary advantage to be in the comfort zone. After all, the ones who resist changes survive the best!

**4. Employees quit their jobs because they didn't have**

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- a. a fat pay check
- b. stimulation/challenges

**5. Dopamine is the reason why we keep chasing after the next cool thing.**

- a. True
- b. False

**6. Human beings are afraid of the unknown. This is called THE FEAR OF \_\_\_\_\_.**

- a. certainty
- b. uncertainty

**7. Every time we are thrown in a new environment, the brain is on high-alert, looking for dangers. This can be exhausting.**

- a. True
- b. False





# Composition Topic

"Does familiarity  
breed contempt?"

Yes

No

## Paragraph 2



Topic sentence



Explanation



An example



Link back to topic

**YES!**  
It is  
**POSITIVE  
DEVELOPMENT!**

**QUIZ TIME!**

**1. 90% of a child's brain develops during the first 5 years of life?**

- a. True
- b. False

**2. A person's intelligence, emotional stability and personality is determined by how his or her brain was developed as a baby.**

- a. True
- b. False

**3. Bilingual children have better socio-cognitive development than monolingual kids.**

- a. True
- b. False

**4. Can extra curricular activities like sports and art, boost academic performance?**

- a. Yes
- b. No



**5. What is neuroplasticity?**

- a. The brain's malleability to change through growth, learning and reorganization
- b. The brain's rigidity to learning new things. Once something is learned, it cannot be changed.

**6. Kids who got a good quality pre-school development education ended up doing better in life.**

- a. True
- b. False

**7. What does having extra curricular activities tell about a candidate applying to a university?**

- a. They are excellent at participating in wasteful activities
- b. They are willing to go above and beyond to develop new skills.

**8. Enrolling kids in enrichment like programming prepares them for**

- a. the stone age where they will be carving on stone tablets with other inhabitants from nearby caves
- b. the digital age, where new jobs are being created so that they will be better prepared for the future workforce.





**NO!**  
It is  
**NEGATIVE  
DEVELOPMENT!**

**QUIZ TIME!**

**1. Gearing towards high achievement in exams \_\_\_\_\_**

- a. help children do better in school and life.
- b. affects children's social skills, health and overall happiness negatively

**2. According to the research above, does being result-orientated make the future generation more materialistic?**

- a. Yes
- b. No

**3. A toxic environment can kill brain cells?**

- a. True
- b. False

**4. Stress and abuse produces more \_\_\_\_\_?**

- a. Dopamine
- b. Vasopressin
- c. Cortisol