



O'level
Foundation
Week 11

RECAP A

WEEKS 1 AND 3



The Write Tribe

Video games are a waste of time!

QUIZ TIME!

1. What is melatonin responsible for?

- a. a protein that informs the brain about ambient light
- b. a chemical responsible for happiness
- c. a hormone that regulates sleep
- d. a stress hormone

2. What is melanopsin responsible for?

- a. a protein that informs the brain about ambient light
- b. a stress hormone
- c. a chemical responsible for happiness
- d. a hormone that regulates sleep

3. What is the circadian system for?

- a. a stress hormone
- b. an internal body clock that tells you when to sleep or wake up
- c. a chemical responsible for happiness
- d. a hormone that regulates sleep

4. What is the zeigarnik effect

- a. a hormone that regulates sleep
- b. an internal body clock that tells you when to sleep or wake up
- c. the urge to complete an unfinished task



5. What is dopamine

- a. a hormone that regulates sleep
- b. a protein that informs the brain about ambient light
- c. a stress hormone
- d. a chemical responsible for happiness

6. What is hyperarousal

- a. occurs when a person's body suddenly kicks into high alert as a result of thinking about their trauma
- b. a chemical responsible for happiness

7. What is fight or flight response?

- a. an internal body clock that tells you when to sleep or wake up
- b. a physiological reaction that either prepares our bodies to stay and fight or to flee

8. What is the limbic region of the brain responsible for?

- a. to trigger fight or flight response to protect us
- b. the urge to complete an unfinished task

9. What is cortisol?

- a. a hormone that regulates sleep
- b. a chemical responsible for happiness
- c. a stress hormone



Video games are
NOT a waste of time!

QUIZ TIME!

10. Reading novels were once considered a waste of time

- a. True
- b. False

11. Games teach no values to children

- a. True
- b. False

12. Society's biggest discoveries happened because of fun and play

- a. True
- b. False

13. What is instant gratification?

- a. Willing to work hard and be patient for a reward
- b. The desire to get rewards immediately



14. What is delayed gratification?

- a. Willing to work hard and be patient for a reward
- b. The desire to get rewards immediately

15. Why is society resistant to change?

- a. They have a fear of uncertainty
- b. laziness

16. Which method allows children to effectively absorb information?

- a. when it is presented to them in the form of a game
- b. when it is presented to them in a block of text

17. Learning is about _____?

- a. memorising cold hard facts
- b. about learning to make the right decisions: weighing evidence, analyzing situations, consulting your long-term goals, and then deciding.



Composition Topic

Video games should be banned for children

Yes

No

INTRODUCTION

Thesis statement

Video games _____

because _____,

Supporting claim #1

and

Supporting claim #2

