O'level Foundation Week 12

The Write Tribe

RECAP B

WEEKS 5, 7 AND 9

The Write Tribe

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 _____

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

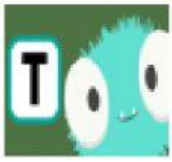
b. False

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