



## S-C Brain Science–4: Staying Motivated

### Handout



#### Get Started:

Before Ty and Ze drive off, they check Ze's baggage.

- What do you think Ty meant by “baggage” we carry?

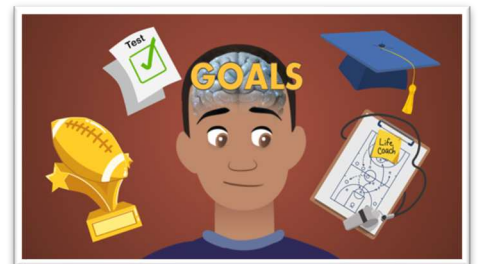
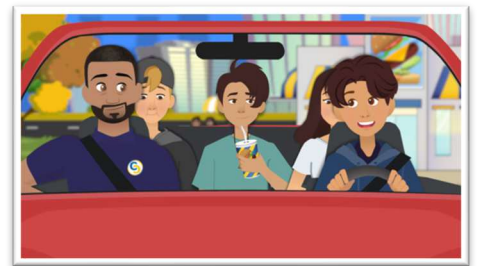
#### Reflection/Application: Checking Your Baggage

- What “baggage” do you think you might carry – both positive and negative – about your academic and personal abilities? In other words, what are you confident you are good at, and what do you worry about not being good at?



#### Think-Pair-Share:

- If you'd just gotten a car and your driver's license, where would you want to go first? Why?
- Can you relate to losing track of time when you're doing something you enjoy? When does time fly for you?
- Ty says, “Our brains are actually motivated and activated by goals.” Can you think of a time you were motivated by a goal? How did a goal affect your motivation?
- Ty says, “Each time you reach a goal, your brain can release a jolt of dopamine, the ‘feel-good’ neurotransmitter.” When is a time you felt good about reaching a goal?



#### Self-Reflection:

- What is something you are looking forward to in your future?