

# Applied BRAINology®

## Lesson 7

### Stress Symptoms Scan and Mindset Study Tips

- Self-Assessment: Stress Symptoms Scan
- Student Study Tips Guide Lesson 1

# Lesson 7

Students complete a Stress Symptoms Scan to reflect on how their bodies and minds respond to stress, recognize their triggers, and think about ways to de-stress.



## Lesson 7: Stress Symptoms Scan and Mindset Study Tips



**Strands:** Emotions, Stress, and Learning

**Objectives:**

- Students will complete a Stress Symptoms Scan to reflect on how their bodies and minds respond to stress, recognize their triggers, and think about what they can do to de-stress.
- Students will learn some study and learning tips that they can personalize to help with challenging tasks.

**Time:** 25-35 min.

**Materials:** Stress Symptoms Scan handout, [Lesson 7 PowerPoint Presentation](#), and Mindset Study Tips.

### Activity 1: Stress Symptoms Scan

Students will need about 5 minutes to complete page 1 of the Stress Symptoms Scan.

Once students have completed page 1 of the Stress Symptoms Scan, ask them to pause and think about how often they experience these symptoms.

Ask: *Consider how often you experience these symptoms. Is this a common stress state for you? Or is it temporary? How does that affect your ability to focus on your studies?*

Let students know that today the class will talk about a few more strategies for managing stress and focusing on your goals.

At this point, looking at the feedback from the scan on page 2 will have more relevance for the students. Ask them to review their feedback and use the reflections on the bottom of the scan to think about and explain what they will do to put their brain in growth mode. Students might want to wait to fill in this box until after the next part of the lesson.

Ask students to keep them. Let them know they will retake this survey in a few weeks to see how their stress symptoms change.

## Activity 2: Mindset Study Tips

Use the [Lesson 7 PowerPoint Presentation](#) provided to assist with teaching the lesson. Then review the Mindset Study Tips.

Mindset Study Tips briefly reviews online Brainology® course, Unit 1, which sets the stage for all students to understand that the tips that follow will work for them, too. Message: **Everyone can learn with effective effort.**

After reading the pages, tell students: *Look at the four pictures on page 2 and read the captions underneath. Choose one caption that would make a good mantra to help you meet your learning goals.*

Go around the room and ask each student to say which image and caption they chose.

Next, students can write a brief note to you explaining what that caption means to them, why they chose it, and what they will picture in their heads when they say it to themselves.

Finally, ask the students to take the negative self-talk from the second page of the Mindset Study Tips and turn at least 2 of the statements into positive self-talk. If time allows, share the new statements out loud.

*Optional:* Have students make posters or decorate their binders with the reframed statements, photos, or mantras to remind them to have a growth mindset when they meet a challenge!

## Stress Symptoms Brain Scan

Stress can make it harder for you to learn, grow your brain, and perform your best. Check all the stress symptoms you experienced to get feedback on your stress level and how you can manage it. Select all that apply to you.

### 1. Physical symptoms:

- ☐ Trouble sleeping, feeling tired
- ☐ Aches & pains (headache, stomachache, etc.)
- ☐ Loss of appetite or eating too much
- ☐ Jittery/nervous (heart racing, short of breath, shaky)
- ☐ Other (please describe): \_\_\_\_\_  
\_\_\_\_\_

### 2. Emotional symptoms:

- ☐ Sad, lonely, or depressed
- ☐ Angry or frustrated
- ☐ Worried, nervous, or anxious
- ☐ Embarrassed or ashamed
- ☐ Bored or distracted
- ☐ Other (please describe): \_\_\_\_\_  
\_\_\_\_\_

### 3. What do you think may be causing your stress symptoms?

### 4. What have you done to deal with your stress symptoms?

## Score Your Brain Health

Count up (add) all of your checks and look at the feedback chart below.

If you checked:	Your stress symptom level is:	This means:
0	None	You're not having any symptoms of stress. This puts you in the Growth Mindset Zone, where your brain can focus on learning and you can do your best.
1	Low	You're having some symptoms of stress. Even one stress symptom could keep you from focusing and learning at your highest level. It's hard to be motivated when you're sad or tired. It's hard to focus when you feel nervous or angry.
2-3	Medium	You're having several symptoms of stress. That's a sign that your brain may be entering the "fight or flight" mode. This can keep you from learning your best and may put you in the Fixed Mindset Zone.
4 or more	High	You're having many symptoms of stress. That's a sign that your brain is in "fight or flight" mode. This can keep you from learning your best and put you in the Fixed Mindset Zone.
What can you do about it?		These feelings are common—the key is to learn how to deal with them. You can reduce your physical and emotional stress by doing thought exercises and physical relaxation techniques, by seeking support from others, and by tackling the problems that are making you stressed using Growth Mindset strategies.

What will you do to manage your stress and help your brain stay in the Growth Zone?





## Lesson 7

# Mindset Study Tips

### “Everyone can learn.”

You’ve heard that before. But maybe you’re not sure if it’s really true. Maybe you think some people are just not smart. Or maybe you think there is one subject you just can’t learn.

But this is not true! You can do well at **any** subject—if you make the effort.

### How do we know?

Research in learning and the brain has shown that when you learn, you change your brain! It actually grows new connections and gets stronger and smarter. And practice is the key to learning.

### How can I get smarter?

The way you make yourself smarter is by **exercising** your brain. To exercise your muscles you might do pushups or situps. To exercise your brain, you study and practice. When you study you are giving your brain a workout, and it will get stronger and smarter!

### What’s the best way to exercise my brain?

Your brain gets exercise when you give it challenges and when you practice. First, you need to do something that’s a little hard, so your brain has to work a bit. Then, you need to repeat and practice what you’re learning, and keep increasing the challenge.

### Brain Boosters

When you practice something, you “fire up” the nerve cells in your brain so that they actually start growing and making new connections with other cells. Your cells send out messages through these connections—that’s what thinking is! So when your brain cells grow new connections, you can think better and faster—you **become smarter!**



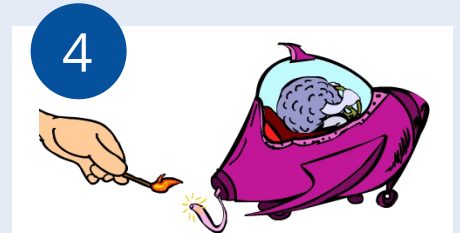
**Connections, baby! It’s all connections!**



**To get smarter, give your brain a workout!**



**Practice is the key to learning**



**Boost your brain—“fire up” your brain cells!**



## Lesson 7

Mindset Study Tips *(continued)*

Have you ever had any of these common problems that students have in school?



- *"I can't concentrate—it's really hard to focus on school work!"*
- *"I am too disorganized and I never have enough time."*
- *"I have trouble remembering things."*
- *"Some subjects are really hard for me to learn."*
- *"I get discouraged and stressed out."*
- *"I'm bad at taking tests."*

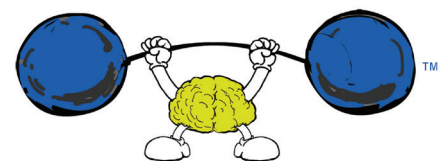
## How to Study Smart

From brain research, we know that there are special ways to study that will help to make these brain connections grow. In the rest of this course, you will find lots of study tips to help you grow your brain and do better at everything you need to learn.

The **Study Smart** strategies cover issues such as how to:

- **concentrate better**
- **stay organized and manage time**
- **learn and remember better**
- **handle stress and stay motivated**
- **perform your best on tests**

Put these strategies to work to do better in school!



*Study Smart to make your brain stronger!*