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ACTIVITY 3.3

Brain Dump over the Stress Response

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CONCEPT

During this unit of study, students will be learning about the stress response. The stress response refers to our reaction to the stressors we experience. The stress response includes the physiological and psychological changes that occur in response to stress. Using retrieval practice in class is a great way to help students remember what they have learned and better embed the information into their memory. A brain dump (having students write down everything they know about a given topic) is an effective way to have students engage in retrieval practice.

MATERIALS

- Student Worksheet *Brain Dump Over the Stress Response*
- Timer

TIME

- This activity should take students about six-to-seven minutes to complete.

INSTRUCTIONS

- Pass out the student Worksheet, *Brain Dump over the Stress Response.*
- For the 1st box, set a timer for 90 seconds and have students respond to the prompt. They should not reference their notes, the textbook, or other outside sources. They should spend the entire 90 seconds writing everything that they remember. If they can't remember more information in the 90 seconds, encourage them to continue to actively think about what they have learned.
- Once the 90 seconds has passed, have them reference their notes and talk to a partner or small group for an additional 90 seconds, and then have them add in information that they may have left out.

The "Brain dump" idea came from Dr. Pooja K. Agarwal (Agarwal, 2017).

REFERENCE

Agarwal, P. K. (2017, November 30). *Brain dumps: A small strategy with a big impact*. Retrieval Practice: Unleash the Science of Learning. https://www.retrievalpractice.org/strategies/2017/free-recall

BRAIN DUMP OVER THE STRESS RESPONSE WORKSHEET

FIRST: PHYSIOLOGICAL RESPONSE OF STRESS

For 90 seconds, write as much as you remember about our physiological response to stress.

Take another 90 seconds to reference your notes and talk in a group of 2-3. Add in any info that you left out.

SECOND: PSYCHOLOGICAL RESPONSE OF STRESS

For 90 seconds, write as much as you remember about our psychological response to stress. (HINT: remember the ABCs)

Take another 90 seconds to reference your notes and talk in a group of 2-3. Add in any info that you left out.