

Name _____ Hour _____

This assignment will require some assistance from a parent or another adult.

1. Together with your adult conversation partner, watch the video **Smarter Every Day: The Backwards Brain Bicycle** at <https://www.youtube.com/watch?v=MFzDaBzBIL0>. (If you have problems with this link, you can Google “Backwards Brain Bicycle – Smarter Every Day.”)

2. Find out which ideas in the video your conversation partner found most interesting and why. Share your own thoughts about the video’s ideas with your adult conversation partner. Record here what each of you found most interesting.

3. Destin comments in the video (at 1:19): “I had the knowledge of how to operate the bike, but I did not have the understanding.”

Discuss with your conversation partner: Can you think of an example of something in your life where you realized that you had knowledge, but not understanding? Did you gain better understanding? How? Record what your partner shares with you, and see if you can share an example of your own with him or her. Record what you shared.

4. Destin comments in the video (at 3:15): “Once you have a rigid way of thinking in your head, sometimes you can’t change that even if you want to.”

Discuss with your conversation partner: Can you think of an example of something in your life where you had to unlearn a pattern of thinking or behavior and had to work at it over time? What made it difficult? How were you able to make progress? Record what your partner shares with you, and see if you can share an example of your own with him or her. Record what you shared.

Have your adult conversation partner complete the section below:

I discussed these questions with _____ (name of student), and I think his/her notes are a fair reflection of my contributions to the conversation.

Signed: _____ Relationship to student: _____