

Student guidelines for completing the exercise:
Knowledge is Power; the more you know, the
more you can do.

- Review packet on Brain-Based Learning: The Natural Learning Process, excerpts from: We're Born to Learn by Dr. Rita Smilkstein, pages 5, 8, 12
- Conduct the Knowledge is Power Exercise; the more you know the more you can do.
- Reflect on the exercise you just completed and brainstorm any ideas you had and/or feelings you experienced.
- Address the following questions in writing:
 1. **Describe** how you felt each time you did this exercise. Were you motivated, excited, anxious, confident, giddy, frustrated, etc.
 2. **Discuss** how this exercise, *Knowledge is Power*, relates to the concepts/ideas presented by Dr. Rita Smilkstein on pages 5, 8 and 12; be specific and use examples
- Share written responses with the classmates in your group
- Share written responses with the class

