

ME, MYSELF and I Key

CHAPTER 1: NEURONS & PATHWAYS

Page 14

2

1. v d
2. ii a
3. vi b
4. iv e
5. iii c
6. i g

CHAPTER 2: INTERESTING FACTS ABOUT THE BRAIN

Page 20

2

1. a. 73%
b. 2%
2. c. 60%
3. d. 25%
4. e. 1000
5. f. 100,000
g. 1 billion
6. h. 268
7. i. 48,6
j. 70,000
8. k. 25,000

Pages 21-22

3

1. c
2. d
3. b
4. a

Page 22

4

Similar	equivalent
Amazingly	astoundingly
Up-to-date	advanced
Important	essential
More advanced	superior
Flexibility	plasticity
Volume, ability	capacity

CHAPTER 3: THE POWER OF MISTAKES

Page 26

1 F, F, T

Page 29

2

1. between
2. of
3. in
4. at
5. to
6. in
7. up
8. into
9. out
10. by

CHAPTER 4: THE POWER OF YET

Page 39

Change your WORDS Change your MINDSET

1. opportunity
2. effort
3. attitude
4. inspired
5. developed
6. failure
7. avoid
8. potential
9. threatened
10. comfort

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Do you remember how you learned to ride a bike?

1. balanced
2. neurons
3. pathway
4. nature
5. challenging
6. process
7. persistence

CHAPTER 5: THE POWER OF WORDS

Page 46

2

Difficult to believe

implausible

Tremor, shaking **vibration**

Spoken **uttered**

Effect **impact**

Statement, claim **assertion**

Likely to spread and affect others **contagious**

Being thankful **gratitude**

Consisting of small particles **molecular**

CHAPTER 6: THE POWER OF POETIC STORIES

Page 53

1

1. f
2. d
3. a
4. c
5. g
6. e
7. b

CHAPTER 7: THE POWER OF ART

Page 58

1

- | | | |
|--|--------------------|------|
| 1. Accept | embrace | 2. 2 |
| 2. The capacity to adapt successfully to challenges | resilience | 3. 3 |
| | | 4. 4 |
| | | 5. 5 |
| | | 6. 6 |
| | | 7. 7 |
| 3. Evidence | testimony | |
| 4. Settle or establish firmly | impact | |
| 5. The process of becoming stronger and more confident | empowerment | |
| 6. Depict | portray | |
| 7. Something that is usual and standard | norms | |
| 8. Unfavorable | adverse | |

Pages 59-60

3

1. contracted
2. mocked
3. unheard
4. fatal
5. recover
6. shattered
7. mortgage
8. unfaithfulness
9. amputated
10. frail

Pages 60-61

4

1. 1

Page 61

5 *There are multiple correct answers in this exercise.*

1. Don't build a wall ... from the inside.
2. The most important ... and eye.
3. I paint myself ... best.
4. My family ... heal me.
5. You deserve a lover ... coffee and poetry.
6. Nothing is ... ridiculous thing.
7. Legs ... to fly.

CHAPTER 8: POWERFUL YOU

Page 72

1 'A habit is a usual way of behaving; An action you do frequently and automatically as a response to your environment.'

Page 74

4A

1. pathways
2. nervous
3. associated
4. behavior
5. strengthen
6. travelled
7. repeated

8. rewire

Page 75

4B

1. c
2. a
3. b

Pages 78-79

1

- **S - Specific**

Questions to ask yourself:

What - When - Why

Example goal:

Scoring at least 90% on your next science exam in 4 weeks to get higher grades

- **M - Measurable**

Questions to ask yourself:

How much? Set a clear way to define success or failure.

Example goal:

Scoring at least 90%

- **A - Achievable**

Questions to ask yourself:

How? Break the goal down and make a plan.

Example goal:

Take notes in class. Spend 30 min 3 nights/week studying, partnering with a friend to review.

- **R - Relevant**

Questions to ask yourself:

Does this goal fit with my long-term objectives? Will focusing on this goal pull me away from other more important goals?

Example goal:

Scoring at least 90% will keep you motivated to achieve larger goals.

- **T - Time-bound**

Questions to ask yourself:

When? Set a deadline. Work backwards and set smaller steps.

Example goal:

The next exam has a specific date in 4 weeks.

Pages 80-81

Quiz Time

1 b

2 c

3 c & d

4a.

1. deadline
2. focused
3. specific

4b.

4. goals
5. measure
6. accomplishing

5

1. boost your language
2. improve your listening skills
3. watch TV
4. watch a TV series
5. watch an episode daily

Me, Myself and I - Interactive Pages

- *Word games*
- *Slam poetry*
- *Powerful people*