

ACTIVITY 3.1

TED-Ed Videos on 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. TED Talks allow opportunities for students to have direct access to information from experts. 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 remember on a given topic) is an effective way to have students engage in retrieval practice (see Agarwal, 2017).

MATERIALS

- Student Worksheet *TED-Ed Videos: The Effects of Stress*
- Timer
- Access to the internet for TED Talks

TIME

- This activity should take students about 25-30 minutes to complete.

INSTRUCTIONS

- Pass out student Worksheet *TED-Ed Videos: The Effects of Stress*.
- For each video, have students complete the pre-watching question. Watch each video, and allow for two minutes to complete a brain dump over what the students retained from the video by having them write down everything they remember. Between each video, discuss the contents of the video.

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>

TED-ED VIDEOS: THE EFFECTS OF STRESS STUDENT WORKSHEET

Watch the three short TED Talks on Stress

1. Reflect before watching this video... How do you think stress affects your body?

- Watch Sharon Horesh Berquist's TED-Ed video, [How Stress Affects your Body](#) (Berquist, 2015).
- After you are finished watching the video, do a brain dump. Set a timer for two minutes and write down what you remember from the video (what is sticking?).

2. Reflect before watching this video... How do you think stress affects your brain?

- Watch Madhumita Murgia's TED-Ed Talk, [How Stress Affects your Brain](#) (Murgia, 2015).
- After you are finished watching the video, do a brain dump. Set a timer for two minutes and write down what you remember from the video (what is sticking?).

3. Reflect before watching this video... What do you think is the link between your memory and your brain?

- Watch Elizabeth Cox's TED-Ed Talk, [The Surprising Link between Stress and Memory](#) (Cox, 2018).
- After you are finished watching the video, do a brain dump. Set a timer for two minutes and write down what you remember from the video (what is sticking?).

References

- Berquist, S. H. (2015). *How stress affects your body* [Video]. Ted Conferences. https://www.ted.com/talks/sharon_horesh_berquist_how_stress_affects_your_body
- Cox, E. (2018). *The surprising link between stress and memory* [Video]. Ted Conferences. https://www.ted.com/talks/elizabeth_cox_the_surprising_link_between_stress_and_memory
- Murgia, M. (2015). *How stress affects your brain* [Video]. Ted Conferences. https://www.ted.com/talks/madhumita_murgia_how_stress_affects_your_brain