



## **THE ADAPTABLE MIND**

### **DISCUSSION GUIDE AGES 15-18**

You've just seen *The Adaptable Mind*. Here are some questions to get you thinking and talking.

\*Please feel free to tailor the language as appropriate for each age group.

1. One of the most important future skills is curiosity. What is a topic that makes you curious? What about it do you find intriguing? Do you think it will eventually be part of your job?
2. Creativity is not limited to the world of art. What is an invention that you consider creative? Why?
3. If you could invent, create, or do anything, what would it be?
4. Sometimes we get our best ideas when we're doing something else or dreaming. Have you ever woken up with a great idea? What was it?
5. Taking initiative turns an idea into reality. What is an idea that you've had, a dream or a big goal? How could you take initiative, even a small step, to turn that idea into something tangible?
6. Another important skill is multidisciplinary thinking -- to consider an issue from different fields, like art, medicine, engineering. Think of a problem in your school or town. How might an artist approach the problem? How would a doctor approach it? How about an engineer? How would you?
7. We know that empathy is important. We also know that it's decreasing. Do you see that in your own life? What's something you could do to change that?
8. Which quality is strongest in you right now: curiosity, creativity, initiative, multidisciplinary thinking, or empathy? How could you use that strength to make a difference in your life? in your community?

9. Which quality is weakest? What's something you could do to strengthen it?
10. Either individually or in a group, think of a challenge facing your community (for instance, homelessness) or the world (like climate change). Considering the five skills covered in The Adaptable Mind, brainstorm a way to address that challenge.
11. This film is for every generation, but it's especially relevant to yours, since you'll be the next to enter the workforce. How will the working world be different in, say, the next five to ten years? What will you be doing?

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## FOLLOW UP DISCUSSION GUIDE AGES 15-18: CHECK-IN

A little while ago, you watched *The Adaptable Mind*. Let's check back in and see what's changed for you since then.

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1. *The Adaptable Mind* talks about five important qualities: curiosity, creativity, initiative, multi-disciplinary thinking, and empathy. In the past month, which quality has been most important to you? Why?
2. The film shows how we get some of our most creative ideas while we're not actually working – while we're doing something else, like taking a shower, or running, or daydreaming. Last time you were doing one of those things, what did you think about? Try this today, too. See what happens when you let your mind wander. Where does it take you?
3. Initiative is an important quality but it can also be one of the hardest to practice. In the past month, have you taken initiative on anything? Do you plan to this month?
4. Multi-disciplinary thinking can be a great tool when you're stuck on something. Think of something that's been challenging you this past month. How might someone else – a doctor, an engineer, an athlete, an artist – approach the problem?
5. Another important quality is empathy. Who have you felt empathy for in the past month?
6. What do you plan to do next month to keep your brain learning and adapting?

## FOLLOW UP DISCUSSION GUIDE AGES 15-18: CHECK-OUT

Time for a wrap-up. These questions will help you think about how your own mind has adapted this past year.

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1. What's the most important skill you've acquired this year? How do you think it will help you in the future?
2. What skills do you want to master next year? Why?
3. Where do you want to be a year from now?