

**DR. RACHEL SCHECHTER**

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# **# Activate Engagement**

Tips from Learning Sciences to  
Spark Deep Learning

DR. RACHEL SCHECHTER

# **#1**

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## TIP #1



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# ADD CONSTRAINTS

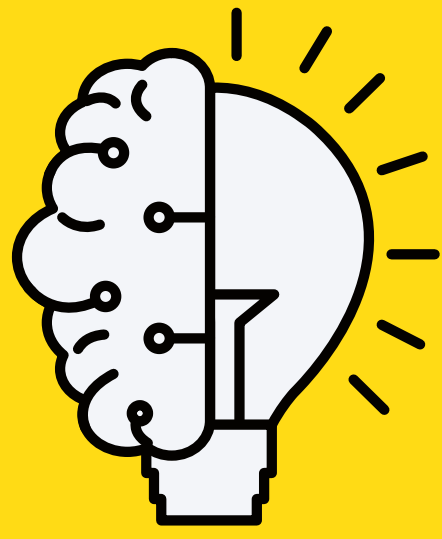
### **Example Assignment**

Pick 3 spelling words and write a sentence for each.

### **Activate Engagement by Adding Constraints**

Try to use as few words as possible in your sentence.

Can you write a sentence with only 3 words?



## THE SCIENCE

**Having too  
much choice  
leads to  
information  
overload and  
stress in the  
brain.**

# **AGENCY + CONSTRAINTS = CREATIVITY**

Have you ever engaged in a task that was wide open? It can be hard to know where to start and what exactly to do.

By providing direction and even an explicit challenge, learners can more easily come up with initial ideas and gain a burst of energy towards meeting the proposed goal.



# CONTACT US

FOR INQUIRIES

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