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Activate Engagement

Tips from Learning Sciences to
Spark Deep Learning

#2 Set High Scores

TIP #2



SET HIGH SCORES

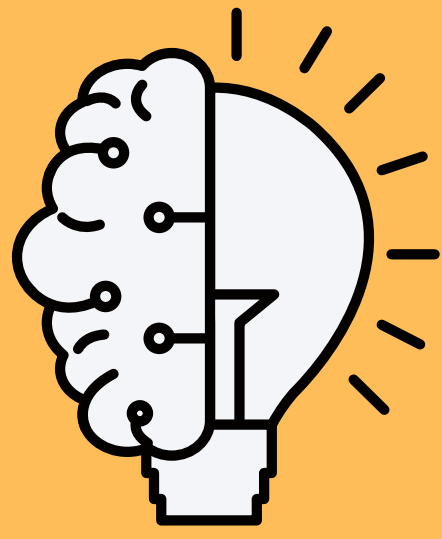
Example Assignment

Use an online math program for 60 minutes a week.

Activate Engagement by Setting High Scores

Last week you completed 60 minutes but you only had 88 puzzles. Think you can get to 100 puzzles this week?

What about reaching 100 puzzles two weeks in a row?



THE SCIENCE

Setting and aiming for a high score releases dopamine in the brain, driving motivation.

ROUTINE + HIGH SCORE= DRIVE

All of us have weekly tasks in our routine that we have to complete. Trying to “up our game” each time, playing against ourselves, can make those tasks seem more fresh and fun.

When we exercise, we can measure and drive our progress through increased repetitions or heavier weights. Finding ways to keep track of skill building and tie that measurement into the exercise routine can boost drive and give reasons for celebration.



CONTACT US

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