## **Brain Basics**

Watch the video on ne	uroplasticity	. After the video	. answer the	following of	luestions:
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1.	What is one example from your life where you developed new neuropathways in your brain (practiced something until it became easy)?
2.	How could this information change the way that you approach learning something new?
3.	When you understand neuroplasticity, you understand that your brain is changing and growing each time you apply feedback and learn from your mistakes. So, how does learning from your mistakes relate to having a growth mindset?