

# REFLECT!

## Role Model Profile Reflection: *Raquel - Psychology Professor!*

At the end of each module, youth will reflect on their work, and learn about real adults whose careers tie to the activities youth will be participating in during this program. In Module 1, youth learned about the structure of the brain. To find out more about how knowing brain structure can lead to a rewarding career, youth will watch a video about Raquel, a neuroscience professor, and reflect on how her career and life journeys may mirror their own.



### You'll Need

- 1) Paper/Whiteboard
- 2) Writing Utensil
- 3) Role Model Video: Raquel - Psychology Professor
- 4) 30 Minutes to complete activity

### Video Overview *Raquel - Psychology Professor*



Language: English, with Spanish subtitles

Overview: Raquel teaches and researches the brain at St. Norbert's College in Wisconsin. As a psychology professor, Raquel studies the brain to better understand why we make the decisions we do. She also addresses the importance of cognitive behavioral therapy, a practice that helps people reframe how they think and allows the brain to create new patterns and connections. Her research helps people make better decisions.

- 1. Overview.** Before watching the video, have a short all-group discussion to set the stage for learning, and to help activate youth's prior knowledge:
  - Give a brief overview of what they can expect in the video, and tell them what their goal is in watching it.
  - Ask: "This video is about a psychology professor; what do you think that career is like? What does a psychology professor do?" "
- 2. Watch.** Watch the video with youth (approximately 4 minutes) <https://youtu.be/k-5-wOJzv0w>

**3. Small Group Discussion.** Have youth pair up and discuss the video.

- What did they like?
- What surprised them?
- What questions do they still have?
- Have youth share their discussions with the whole group. Pick out important words from their answers and write them on a large piece of paper or whiteboard.

**4. Large Group Discussion.** Continue the discussion with some or all of the following questions:

- Raquel uses an EEG machine to learn about patterns in the brain that help explain why we think the way we do. Do you think this would be interesting to do?
- How do the activities we have done so far, including a brain dissection, help Raquel do her job?
- How does Raquel's job help people?
- What are some struggles that Raquel has had in pursuing a career as a professor? What would you have done?
- Is this a career you would be interested in? Why or why not?