

The objective of the discussion is to help you connect with your group members and to increase learning and retention of the chapter materials.

Grading criteria: You will make one initial post and at least one reply to two group members' respective initial posts.

Initial Post (2 points; due by 2PM on Tuesday)

1. Express gratitude by listing three things that you are thankful for over the past week.

(to learn more about the benefits of gratitude to your health and your brain, read this article https://greatergood.berkeley.edu/article/item/how_gratitude_changes_you_and_your_brain and watch the following video)

https://www.youtube.com/watch?v=_sokh9e2WGc



2. Write a question or a difficult concept (be as specific as you can) that you found from your reading (**reference the page number of the textbook**). I suggest that you write something related to the study guide in order to help one another prepare for the exam.

Replies (3 points; due by 3:30PM on Tuesday)

Reply to three group members' initial posts by responding to their gratitude and providing a meaningful answer to their question/difficult concept (**at least 50 words**). If others have already responded before you do, please do not repeat their answer, but try to add on to that instead.

Please feel free to make more posts for further discussions if they are helpful for your learning and exam preparation.