



Wise Me

How to stop doing dumb stuff!



Student Workbook

THE **BetterMe**
PROJECT

THIS IS A PART SAMPLE OF A
STUDENT WORKBOOK. IF YOU
CONTACT US AND ARE
INTERESTED IN PURCHASING WE
WILL HAPPILY PREVIEW THE
ENTIRE WORKBOOK WITH YOU!

Contact us on:
info@better-me-project.com

Learn why you do dumb stuff,
and how to stop!

... how the brain helps you to be wise, and how it can interfere with the choices and decisions you make.

... strategies to proactively develop wisdom in your brain.

... on the things in your world that are challenging your ability to be wise and experimenting with strategies to build wisdom.

UNDERSTAND

DISCOVER

REFLECT

Remember your Human AARMA!

The Human AARMA protecting me and others
from the 'tyranny of human'!



Wise Me



Module 1

Developing Wisdom
Kids can be wise too!



The Wisdom of Socrates



Socrates, Greek Philosopher c. 470–399 BC

The story of Socrates and the Three Filter Test is a lesson on gossip and how to handle information that is presented to us. Although there's debate about the authenticity of the tale, its wisdom is undisputed. Here's how the story goes:

One day, an acquaintance met the great philosopher Socrates and said, "Do you know what I just heard about one of your students?"

"Before you tell me," Socrates replied, "I'd like you to pass a little test. It's called the **Three Filter Test.**"

"Three Filter Test?"

"That's right," Socrates continued. "Before you talk to me about my student, let's take a moment to filter what you're going to say.

The first filter is **Truth**. Have you made sure that what you are about to tell me is true?"

The man shook his head. "No, I just heard about it and..."

The triple filter test is Socrates' most successful work!

"Alright," said Socrates. "So you don't really know if it's true or not.

Now, let's try the second filter, the filter of **Goodness**. Is what you are about to tell me about my student something good?"

Again, the man shook his head. "No, on the contrary..."

"So," Socrates continued, "you want to tell me something bad about him, even though you're not certain it's true?" The man looked a bit embarrassed.

Socrates continued. "You may still pass the test though, because there is a third filter, the filter of **Usefulness**. Is what you want to tell me about my student going to be useful to me?"

"No, not really."

"Well," concluded Socrates, "if what you want to tell me is neither true, nor good, nor even useful, why tell it to me or anyone at all?"

This is why Socrates was held in such high esteem and serves as a reminder to us to be cautious about the information we accept and pass along to others.



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Three Filter Test

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Wisdom is ...

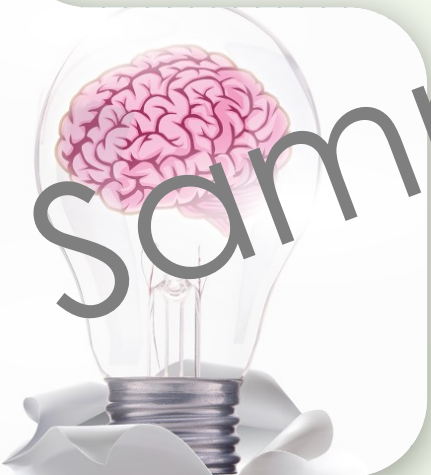
plus

plus

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My Notes

Sample Only





Child becomes Wise!!



After miraculous schooling and effort, one adolescent in Australia has discovered that they can be wise!

Ah, wisdom. It's a word that's been around for centuries. We usually think of wisdom as something that adults have, or as something associated with 'smart' people or old wise dudes. But what is wisdom really, and is it something that YOU can have, even though you aren't a grown up yet?

Well...the thing is that kids can be wise too. And wisdom is something you can grow and develop at any age. Wisdom isn't just about knowledge. It's about noticing and making sense of the world around you and learning from it, it's about thinking through the consequences of your actions so you can make the right choices, and it's about thinking about the world and the people around you in useful ways.

Of course, it's important to understand that being wise is different to being intelligent.

Intelligence is your ability to learn, understand and apply knowledge, whereas wisdom is your ability to make good judgements and decisions based on your personal knowledge and experiences.

Take for example video gaming. Intelligence is understanding the rules of a game, knowing how to work the controls, and how to achieve the objectives of the game. Wisdom, however, is how you use your experience in playing the game to make choices and decisions that help you play that game better than other people.

While intelligent players know how to play, wise players understand the broader and longer-term implications of the decisions they make - and that only comes with lots of practice and experimenting and learning from failure!

Think about when you are driving a car. Intelligence is knowing how to operate a car and knowing the rules of the road. Wisdom is the judgement and foresight you gain from your driving experience over time. When you first learn to drive, you are so focused on the basics of driving, that you can easily make mistakes like missing a turn, or failing to see another car that is coming up too quickly to the lights. After time, you learn to sense when another car is creating a dangerous situation,

and you slow down accordingly.

And if you are crossing a busy road on a pedestrian crossing, your intelligence tells you that the rule is that cars should slow down and you have right of way. If you are wise you will know that not all drivers obey the rules, or they can get distracted, so you will proceed cautiously and make sure the cars have seen you and are slowing before you cross. Essentially, wisdom is about your ability to think ahead, foresee consequences and make good decisions.

Wisdom equals Knowledge plus Experience plus Good Judgement

It's all about the choices you make!

You can think about WISDOM in this way.

WISDOM equals Knowledge plus Experience plus Good Judgement!

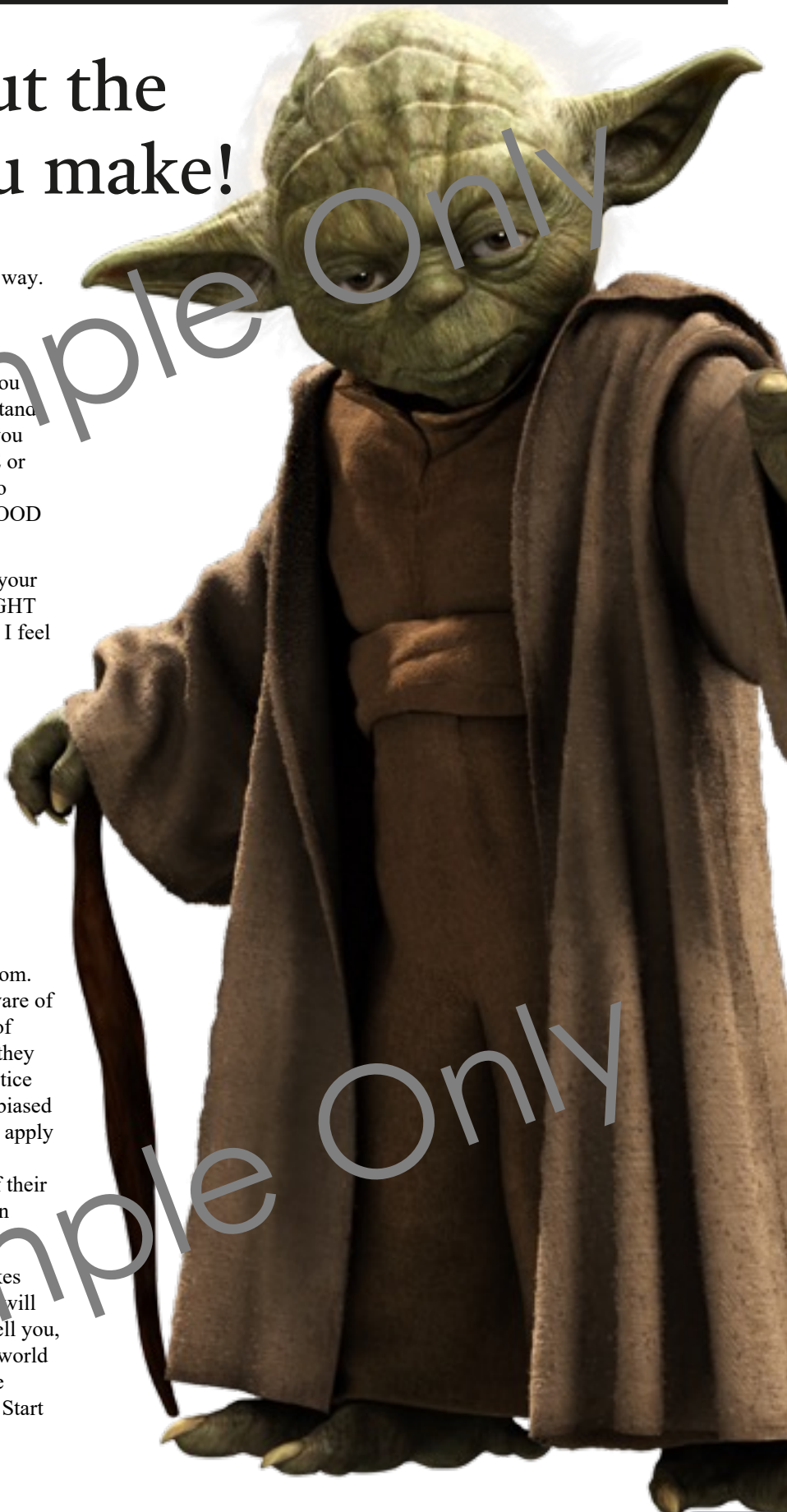
You can make wiser decisions when you combine what you KNOW and understand about the present situation with what you have learned from past EXPERIENCE or observation, and then take a moment to exercise wise CHOICES or to act with GOOD JUDGEMENT.

It helps if you can PRESS PAUSE on your brain and ask yourself 'what is the RIGHT thing to do'? Or 'if I do this, how will I feel about it later?'

Ask yourself
'What is the
right thing to
do?'

AARMA is your best pathway to wisdom. Wise people are self-AWARE, and aware of their impact on others and the impact of others on them. They ACCEPT who they are and the reality of what is. They notice and REGULATE their emotional and biased responses. They are MOTIVATED to apply good judgement and they are ACCOUNTABLE for the outcomes of their decisions and choices – including when things don't go well.

Being WISE is not an easy thing, it takes self-discipline, and it is something you will develop over your lifetime, but I can tell you, there are plenty of older people in the world who aren't WISE even though they are grown up! Don't you be one of them! Start becoming wise NOW!





1. What is the primary difference between intelligence and wisdom?

- A. Intelligence is about rules while wisdom is about experience.
- B. Intelligence is about winning games, while wisdom is about playing them.
- C. Intelligence is acquired over time, while wisdom is innate.
- D. Intelligence is about emotions, while wisdom is about logic

2. Which of the following is NOT a way to develop wisdom, as described in the video?

- A. Listening more than speaking
- B. Reflecting on past experiences and applying what you learned
- C. Learning only what is required to pass a test
- D. Being constantly curious and seeking the truth

3. In the context of video gaming, what does wisdom primarily refer to?

- A. Understanding the rules and mechanics of a game
- B. Recognizing long-term impacts and patterns of the game and other players' decision-patterns
- C. Knowing how to operate the game controls
- D. Strategising effectively

4. What does the acronym KEG stand for in relation to wisdom?

- A. Knowledge, Emotion, Growth
- B. Knowledge, Experience, Good Judgement
- C. Kindness, Empathy, Gratitude
- D. Knowledge, Ethics, Generosity

5. You can make wiser decisions by ..

- A. Reflecting deeply on what has happened to you in the past and combining that with what you know in the present
- B. Forgetting the past and focusing only on the future
- C. Doing what most of your friends are doing – it must be right if they are all doing it
- D. None of the above

6. Which of the following is NOT a component of the AARMA strategy?

- A. Awareness
- B. Acceptance
- C. Agility
- D. Accountability

7. What is the main message of the video regarding age and wisdom?

- A. Only older people can be wise
- B. Wisdom is related to age and experience
- C. Young people cannot be wise
- D. One can be wise at any age, and age doesn't guarantee wisdom

Wise or Wacky

Tick the examples below that you think are WACKY (not wise). Discuss and share your thinking and consider the 'normal human behaviour' that might drive unwise decisions, and what self-awareness and self-regulation you might need to employ to make the wiser choices.

Attending Parties

- Sneaking out to a party without telling anyone or getting into a car with someone who has been drinking.
- Checking in with a trusted friend throughout the night to ensure they are safe.
- Over-indulging in alcohol or substances without knowing your limits.
- Telling parents about a party, setting your own curfew, and arranging for safe transportation home.

Handling Conflicts

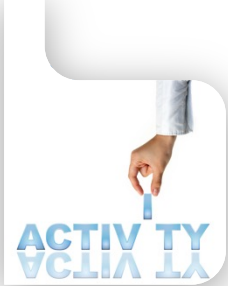
- Talking negatively about a person with mutual friends, causing further division and emotional pain.
- Addressing a disagreement with a friend through a calm conversation.
- Spreading rumours or resorting to physical confrontations.
- Seeking adult help or support if conflicts escalate.

Health & Fitness

- Skipping meals as a form of weight management.
- Relying on crash diets or extreme exercise regimens for quick results.
- Scheduling regular check-ups and screenings for preventative health.
- Adopting a balanced diet and exercise routine.

Driving

- Always wearing a seatbelt and avoiding distractions like texting.
- Speeding or driving without a proper license.
- Taking regular breaks during long drives to avoid fatigue.
- Driving after consuming alcohol or drugs.



Applying KEG

Case Study 1

You and your friends want to organise a soccer match during recess. You need to decide how to form teams, when to play, and how to ensure everyone gets a chance to participate.

KNOWLEDGE

Rules of the Game: Making sure everyone understands the basic rules of soccer to ensure the match is played fairly.

School Policies: Know and remind others of your school's policies regarding the use of the playground and what is allowed during recess.

EXPERIENCE

Past Matches: Recall the last time you organised a match or participated in one. What went well? Were there any arguments or disappointments? What will you ensure happens this time?

Participation: Remember how it feels when everyone gets a chance to play versus when some are left out. Remember that when choosing or allocating teams.

GOOD JUDGEMENT

Team Formation: Decide whether to choose teams randomly, allow team captains to pick, or mix skill levels to create balanced teams. Good judgement might suggest mixing teams to ensure that everyone has fun and the match is fair.

Play Time: Set a time limit for the match so that it fits into the recess period without causing anyone to be late returning to class.

Inclusivity: Make a plan for rotating players in and out of the game so that everyone who wants to play gets a turn. Good judgement here means being inclusive and considerate of others' desires to play. Fun is the object of the game!





Applying KEG

Your turn ...

Apply the KEG strategy to two of the 'Wacky' situations from the Wise or Wacky Questionnaire you completed.

- Knowledge – what do you know that would help you make a wise decision?
- Experience – what is your past experience or observation about this?
- Good judgement – what is the good vs bad judgement in this situation?





Wisdom Failure!

In March 2018, the world of cricket was rocked by one of its biggest scandals when Australian cricketers Steve Smith, David Warner, and Cameron Bancroft were found guilty of ball-tampering during a Test match against South Africa in Cape Town. This incident not only tarnished the careers of these players but also raised serious questions about the ethical standards in international cricket.

The Incident

The controversy unfolded on the third day of the Test match when cameras caught Bancroft using a piece of yellow sandpaper to alter the condition of the ball, an illegal act in cricket meant to aid bowlers in obtaining a more significant degree of swing in the air. Bancroft was seen hiding the sandpaper in his trousers, an act that he later admitted and explained in a press conference alongside captain Steve Smith. Smith confessed that the "leadership group" of the team had planned the tampering, a revelation that sent shockwaves through the cricketing world.

Immediate Fallout

The Australian Cricket Board acted swiftly, sending Smith, Warner, and Bancroft back home from the tour. This decision was followed by a tearful apology from Smith, who admitted his failure as a captain in allowing such an act to occur under his leadership. Warner, identified as the instigator of the plan, and Smith received one-year bans from international and domestic cricket, while Bancroft was handed a nine-month suspension.

Ball-Tampering Scandal: a Dark Chapter in Cricket's History

Wider Implications and Resignations

The scandal had far-reaching implications beyond the players involved. Cricket Australia (CA) launched an independent review into its operations and team culture, which criticised the organisation for fostering a 'win at all costs' attitude. This led to significant changes within the Cricket Board and the resignation of key figures, including coach Darren Lehmann, who, despite being cleared of prior knowledge of the plan, stepped down, citing the incident as a significant factor.

Public and International Response

The incident was met with widespread condemnation from former players, commentators, and fans globally. Australian Prime Minister Malcolm Turnbull expressed his disappointment, calling it a "shocking affront to Australia." The global cricket community criticised the incident for damaging the sport's integrity, with the International Cricket Council (ICC) increasing the penalties for ball-tampering in response.

The Bans and Aftermath

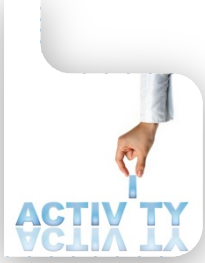
During their ban, Smith and Warner were barred from international and domestic first-class cricket but were allowed to play club cricket in Australia and participate in overseas T20 leagues. Bancroft, after serving his ban, returned to domestic cricket and made efforts to rebuild his career.

Cricket Australia's Cultural Review

The Longstaff Review, commissioned by CA, identified cultural and leadership issues within Australian cricket. The review criticised the win-at-all-costs mentality and recommended several changes to improve player behaviour and the Board's governance.

Lessons Learned and Re-integration

The scandal served as a wake-up call for cricket globally about maintaining the spirit of the game. The re-integration of Smith and Warner into the national team was carefully managed, with a focus on rebuilding their reputations and emphasising the importance of playing with respect and integrity.



My thoughts

Sample Only

Sample Only

Human Hack



**Press
Pause**

Self-awareness is the key to any Human Hack. Start noticing when you are emotional and press the pause button knowing that any decision you make or any response you give might not be well thought out and may come back to bite you!

Remember that your brain is particularly sensitive and that what you are thinking or experiencing might be your brain being cautious rather than reacting to the truth or reality. Normal human behaviour, just not useful!

It's ok to say – 'I just need a moment to think about this.' This is taking **ACCOUNTABILITY** for yourself and your reactions and actions. Humans can't help how they react (even adults) but they can **REGULATE** their responses to make wiser choices.

*When are you good at 'pressing pause' and making wise choices?
When are you not so good?*

Where is one place or situation that arises often where 'pressing pause' will be helpful?

Sample

only

Wise Me



Module 2

Brain-Wise
The neuroscience of wisdom



Inside your brain is a place that is incredibly complex and truly fascinating. Today, we're exploring how this incredible human organ becomes wise, transforming every challenge and experience you have into a brain network of knowledge through the magic of a thing called 'neuroplasticity'. That network of knowledge can help you to be wise or unwise depending on how you use it!

Neuroplasticity builds your 'wise choices' foundation

Neuroplasticity is a process that occurs in your brain as it makes new neural connections. Imagine your brain as a vast, bustling city. Each thought, memory, and piece of knowledge is like a building in this city and the buildings are connected by roads and walkways. The buildings are your 'brain cells' or 'neurons' and the roads and walkways are the communication channels that connect them to each other.

Neuroplasticity is the process of constructing these new buildings and connecting roads between them and this happens every time you experience or learn something new.

This constant construction is your brain's way of adapting and reorganising itself so that you keep showing up in the world in better and more useful ways. Each new experience lays down a new neural pathway, like a road being built to connect distant parts of the city. However, not everything we think and do is a useful connection. Sometimes our brain get it wrong.

Brain Wise



Yes, there is a science to wisdom!

Think of mistakes and failures as detours on the road to wisdom. When you take a wrong turn, your brain doesn't just hit a dead end. Instead, it builds a new road, learning from that detour and creating a new and more useful pathway for you to use next time.

Mistakes build wisdom

Every mistake is like a new lesson, teaching your brain what to do the next time you face a similar circumstance. These 'failure' experiences are invaluable and they teach us how to bounce back and to be able to adapt, two of the essential components of wisdom. By tapping into trusted sources of information - like mentors, books, trusted online content, teachers and family - you can add THEIR wisdom to YOUR mental map. Don't underestimate the value that

grandparents, aunts and uncles can bring to your thinking. They have been there and done it well before you and have already learned a lot of the best ways to do things.

Using these other sources is like having a your own 'google maps' in this brain city, showing you the shortcut and helping you avoid heading in the wrong direction. These guides can really help keep your journey smooth, providing wisdom without the necessity for your personal trial and error.

Listen to trustworthy sources

Do be careful though, because not everyone you trust, will give you the right advice. You need to think about the difference between a trusted person, and a trusted source!

Long-term thinking is the key!

Consider a seedling you plant in the soil today. The choices you make in nurturing it determine the strength and beauty of the tree it will become. Similarly, your choices today shape your future. Wise decisions require you to pause and ponder the long-term impact of those decisions, like a gardener considering the future growth of their garden. When you can think ahead like this - you have mastered one of the main elements of wisdom - understanding that choices have consequences.

Wise choices lead to more wise choices

Now ... imagine you are standing at a crossroads where each path represents a different choice or option for you. The path of wisdom involves looking down each road, predicting where they lead, and choosing the one that aligns with what is important to you and others, your long-term goals and the consequences of taking that path.

This is how you cultivate a wise mind - by consistently making choices that consider the greater good and your future self. It's about harnessing the power of neuroplasticity to build a brain that's not just smart, but truly wise. And the more that you make wise choices, the wiser you become as those brain connections become stronger and stronger.

So remember, your brain is a masterpiece in the making, constantly wiring and re-wiring itself with every experience, choice, and lesson learned. Keep feeding it by being open to new and challenging experiences, thoughtful reflection, and a thirst for knowledge.

That's how you transform everyday learning into lifelong wisdom. Embrace the journey!"





1. What does neuroplasticity in the brain refer to?

- A. The brain's ability to play music
- B. The brain's ability to change and adapt
- C. The brain's ability to remain constant
- D. The brain's ability to control muscles

2. What metaphor is used in the video to explain neuroplasticity?

- A. A static painting
- B. A quiet library
- C. An unchanging rock
- D. A bustling, ever-changing city

3. What role do mistakes and failures play in the brain's development?

- A. They cause permanent damage
- B. They provide no real benefit
- C. They are like detours that lead to new pathways of wisdom
- D. They should be avoided at all costs

4. What can we compare to the experience of learning from mistakes in terms of brain development?

- A. Watching a movie
- B. Building a road to navigate life more skilfully
- C. Listening to music
- D. Playing a video game

5. Why is it beneficial to listen to trusted sources of information?

- A. It helps to fill time
- B. It adds their wisdom to your mental map without personal trial and error
- C. It has no real benefit
- D. It only helps with schoolwork

6. What is an analogy for making wise decisions considering their long-term impact?

- A. Running a sprint
- B. Planting and nurturing a seedling
- C. Skipping stones on water
- D. Watching television

7. How should one approach decision-making for it to be considered wise?

- A. By choosing the easiest option
- B. By not thinking about the consequences
- C. By considering the long-term impact and aligning with personal values
- D. By following others blindly

8. What is the hallmark of a wise brain, as mentioned in the video?

- A. Forgetting past experiences
- B. Foresight and recognising that today's actions are tomorrow's realities
- C. Making decisions quickly
- D. Ignoring advice from others

9. What does consistently making wise choices lead to?

- A. A brain that's not only smart but truly wise
- B. A brain that remains unchanged
- C. No significant change in the brain
- D. A brain that becomes less active

10. What is the key message about the brain's development in the video?

- A. The brain doesn't change much over time
- B. The brain is a masterpiece in progress, sculpting itself through experiences and learning
- C. The brain only develops during childhood
- D. The brain is not capable of learning from mistakes



Only Wisdom Woes

The primitive human brain makes it hard for us to make wise choices!

Essentially, wisdom is about your ability to think ahead, foresee consequences and make good decisions.

But being wise is not always easy. Here's a bit of neuroscience to explain how your brain can get in the way of wise decision-making.

Your brain's frontal lobe or pre-frontal cortex, the area responsible for regulating your emotions and thinking things through, is still developing and won't be fully mature until you're in your mid-20s.

Because of this, you might tend to make impulsive decisions and have difficulty considering the long-term implications of your actions. This is pretty normal for teenagers, but it's not always useful!

Another part of your emotional brain, the amygdala, is responsible for processing emotions and it matures way BEFORE your pre-frontal cortex, so in the heat of the moment you are likely to be driven more by emotion than by reason.

It is your pre-frontal cortex that needs to jump into action to stop you doing dumb stuff, and as I've mentioned, it's still developing, so teenagers find it difficult to stay calm and think ahead – they tend to make rash, in the moment decisions. Again, this is normal, but not always useful!

Scientists have also discovered that we humans have a 'social brain' that is highly sensitive to being influenced by your friends and to what others around you expect from you. Unfortunately, it doesn't care whether those expectations are wise or unwise. That's the job of your pre-frontal cortex!

Normal human
behaviour, just
not useful!

This 'social brain' is wired to prioritise your relationships and social connection with the other human beings around you because that's how

people survived in primitive times - by doing what the tribal chiefs said you should do - but because we live in a different kind of world now, this primitive tribal need can interfere with your ability to be wise in today's world.

So how does the social brain hinder wisdom? Well, for example, you might over-react if you see a couple of friends together and you might jump to the conclusion that they have left you out? Or you might be tempted to 'follow the crowd' and do dumb stuff, like dangerous or risky stuff, because you think you will be more accepted in your friendship group.

You might even mean to your parents because your social brain will prioritise your relationships with your friends.

Remember, it's kind of normal for your brain to jump to these conclusions and behave in this way – it's your brain's primitive protection mechanism – but in today's world it's not always useful or wise.

So what this all means is that to develop wisdom you need to understand what is happening in your brain and employ strategies to 'work around' it when it's getting in the way of good choices.

Remember, kids can be wise too! Go forth now and be wise!



The Neuroscience

My is not fully formed so has difficulty in **REGULATING** my emotions!

My finds it hard to **be AWARE and think things through. It's** impulsive and un-regulated!

My prioritises 'being a part of a group or friendship' over sensible decisions!



Google games

Find out more about the role of the **Amygdala** in DECISION MAKING. What is the role of **Amygdala**? When is it 'useful' and when does it cause 'interference'?

List 10 things that are **USEFUL** to know and *understand* about the **adolescent brain**.

Why is it important that we have a **SOCIAL BRAIN**? What would happen if we did **not have** a *social brain*? How can the social brain get in the way of *wise decisions*?

How wise are you?

Understanding others
 I try to understand someone's feelings before responding in a situation

Almost Always Often Sometimes Rarely Almost Never Not sure

Learning from experience
 When things don't go my way, I try to learn from the experience

Almost Always Often Sometimes Rarely Almost Never Not sure

Considering multiple perspectives
 I think about different ways to look at challenging situations

Almost Always Often Sometimes Rarely Almost Never Not sure

Handling uncertainty:
 I can stay calm even when things are uncertain or unclear

Almost Always Often Sometimes Rarely Almost Never Not sure



How wise are you?

Almost Always	Often	Sometimes	Rarely	Almost Never	Not Sure
x5	x4	x3	x2	x1	x0
Total =	Total =	Total =	Total =	Total =	Total =
Grand Total =					

Rarely/Never (15-30): 🌱 "Starting **Seedling**" - Looks like your wisdom tree is just starting to sprout! There's a lot of room to grow and branch out. Embrace the journey of learning, empathy, and understanding!

Occasionally (31-45): 🚲 "**Bicycle** Balance" - You're pedalling along, but sometimes you wobble! You're on the path of wisdom with a good mix of strengths and areas to polish. Keep pedalling and balancing your wisdom wheels!

Sometimes (46-60): 🚀 "**Rocketing** Right Along" - You're soaring through the wisdom stratosphere! You've got a solid grip on understanding and empathy, but even rockets need a little tune-up now and then.

Often (61-75): ✨ "Wisdom **Wizard**" - Wowza, you're practically a sage in sneakers! You've got a great balance of empathy, understanding, and reflective thinking. Remember, even wizards keep learning new spells!

Always (76-90): 🦄 "**Unicorn**-Status" - Hold up, are you sure you're not a wisdom unicorn in disguise? Your scores are off the mythical charts! But remember, even unicorns can learn new magic tricks.



Group Chat



Discussion questions ...

Who chose poorly?


What decision-making process (and brain functionality) drove them to make this decision?

Who chose wisely?

What decision-making process (and brain functionality) drove them to make this decision?

How did Indy use the KEG framework to make the wise choice that he did?

Human Hack



**Explain
don't
excuse**

In this module it was suggested that when you understand what's happening in your brain when you 'do dumb stuff' or make unwise choices, it can EXPLAIN what has happened, but cannot be used as an excuse.

Start 'pressing pause' and trying to 'explain' what has happened in your brain when stuff goes wrong. Think about where you are paying attention and how that might be changing your brain through neuroplasticity. Think about how your social brain can make you make unwise choices, or how your amygdala might have set off a flight, fight, freeze or appease response.

Then, rather than use that as an excuse, think about what you will do next time. Be wise enough to learn and develop a BETTER ME brain. Maybe just say 'sorry' instead of trying to 'excuse'D!

In what situations do you tend to make unwise choices? What is the most common 'excuse' for those choices or decisions.

What is an upcoming situation where your amygdala might get triggered? How can you be prepared and make a wise choice?

Sample Only



Sample Only



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