

HANDOUT 1

We underrate our brain and our intelligence. . . . Reluctance to learn cannot be attributed to the brain. Learning is the brain's primary function, its constant concern, and we become restless and frustrated if there is no learning to be done. We are all capable of huge and unsuspected learning accomplishments without effort.

—Frank Smith
Insult to Intelligence

Viewpoints

I love to learn; I just hate to be taught.

—Winston Churchill

If a teen is doing music, sports, or academics, those are the connections that will be hard-wired. If they are lying on the couch or playing video games or MTV, those are the cells and connections that are going to survive.

—Dr. Jay Giedd
National Institute of Mental Health