

## **Puzzle Hunt - Lecture:** **Points of The Exercise**

### **Point of the assignment: Simulates Three Things:**

- 1) Your Journey
- 2) Different Attitudes (*Motivations*) Towards The Journey
- 3) Time Management & Priority Setting

### **Concept 1: Simulates:**

#### ***Your Journey***

- Everyone has a different journey, but the paths will be similar in process.
- Everyone has a different frame, because they are unique individuals.
- Everyone has a different picture, because they will have different goals.
- People respond differently to the Puzzle Hunt just as they respond differently to their life's journey because they have different personalities.
- Your puzzles have different numbers of pieces because some people's goals will take longer to achieve than other people's goals will.
- Searching for your dream is like completing this puzzle – the frame (you) determines which puzzle (education, career, service, and/or life purpose options) will best fit in it.
- You won't know what puzzle fits you if you don't have your frame (self-awareness).
- The picture will become a little clearer every time you find a puzzle piece and put it in its place.
- You are starting out your journey with some vague idea of what you want – to pursue a dream, but you won't really know what the end results will look like until you get there.
- Only you can find the pieces to your unique puzzle.
- Every assessment exercise, job, life, educational opportunity you experience is symbolized by the lunch bags as they will **potentially** lead you to finding a piece of your puzzle.
- Not every place you will look will yield a piece to your puzzle.
- If you don't take the time to look in a bag, you won't ever find out whether or not there is a piece of your puzzle in it.
- Some of the lunch bags were placed way out of the way, because there will be times when you will need to go out of your way to find pieces of your puzzles.
- The cards, with the stickers on them, symbolize your educational plan – the order in which you should take your classes.
- People who choose to not follow the rules often eventually get lost and will find it harder to find your pieces.
- When everyone disregards the rules and just 'does their own thing', chaos follows.
- Trying to work in the middle of chaos is very stressful and makes it difficult to stay on task.

- The process of finding your pieces is not enough – you must also take the time to put them in their place to assess what they mean, as well as determine where and how they fit into your frame.
- Most people will discover that the journey is an “emotional roller coaster ride” where they experience many simultaneous emotions in the process – fun, excitement, fear, frustration, annoyance, stress, ambivalence, self-doubt, anticipation, etc. Therefore, it is important to learn how to manage those emotions so you can stay focused on your goals in spite of them.
- A principle learned in Brain-Based Learning: You will remember things learned when there is an emotionally charged context. Many people get so emotionally overwhelmed (*fun, excited, mad, or frustrated, etc.*) by the distractions during this game, that in the long run, they only remember that one point: don’t get distracted. However, many people tend to forget most of the other principles (*Journey, different attitudes, etc.*) they were supposed to learn.
- When you only remember small parts of a lesson because they were emotionally-charged, you run the risk of missing “The Main Point.”
- It is easy to miss “The Main Point” of what you are doing when you don’t know why you are doing it.
- The process of having your puzzle “upheavaled” is like a paradigm shift: As you attempt to make sense of your life and experiences, a “triggering event” (*having someone upset your puzzle*) sends those pieces flying all over the place. You must then take the time to pick them up, and put them back into place. This process is very stressful to experience.
- Sometimes, you need to simply trust that the person in authority has a greater purpose in mind when asking you to do something that initially seems bizarre, stupid or pointless.
- Sometimes achieving the journey requires taking a “leap of faith” by doing that which initially doesn’t make sense, knowing that in due time, it will.
- It’s hard to be expected to stay focused and motivated on a task that seems bizarre, stupid or pointless when you don’t know why you are doing it.
- Some people enjoy the Puzzle Hunt, and some people hate it. This shows that you can choose the attitude you take towards your journey.

---

## **Concept 2: Simulates:**

### ***Different Attitudes - Towards Taking This Journey***

#### **1) In the beginning, were you simply doing what you were told? Yes / No**



**“Jumping Through Hoops”:** People who simply “jump through the hoops” are like circus animals who are only going through the motions of the activity without any concern for why. They must be motivated by external pressure (cracking a whip on their back) in order to get them to move. They seldom learn anything, nor reap any rewards for doing it.

#### **2) Where you continually anticipating your prize?**

**“Ticket To A Job”** People who develop this attitude only do the journey because they expect it will pay off in the end – that is, they expect they will get some reward for their efforts (job, paycheck, etc.). This in itself is not bad. However, if they find out at the end they were pursuing a prize, which they later discover does not appeal to them, they will be very frustrated and feel as if they wasted their time. Therefore, what is your reward?

3) **During the exercise, did the process of looking for your pieces get easier?**

**“Search for knowledge and truth”** People who develop this attitude learn to enjoy the journey for its own sake, and see it as an opportunity to learn for the sake of learning, as well as to appreciate seeing how their personal character grows as a result of participating in the journey.

---

**Concept 3: Simulates:**  
**Priority Setting & Time Management**

**This exercise was set up with some deliberate distractions.**

The distractions were there to demonstrate real life and to help you recognize the need for **“Priority Setting.”** When you know where your priorities lie (*finishing the Puzzle Hunt*), then you will be able to recognize when you are being distracted from those priorities by other things.

**Since you knew your priorities, were you better able to better manage your time?**

- There will always be unanticipated distractions – you need to manage them as much as possible.
- While some people may support your journey, not everyone you encounter on your journey has your best interests in mind.
- It often takes some time to learn to recognize the difference between those who support you, versus those who distract you.
- The sooner you recognize those individuals, who don’t have your best interests in mind, the sooner you can avoid their destructive influence on your life.
- By choosing to push away those distracting individuals, you are enforcing your own personal boundaries.
- The papers being shoved in your face symbolizes today’s “Rapidly-Changing World” world: busy, noisy, and chaotic. You are bombarded, on a daily basis, with unnecessary “noisy distractions” (*media, unhelpful “friends”, technology, and “Information Overload”*) that are fighting for your attention.
- It is impossible to process all the messages that come at you when you are experiencing “Information Overload”.
- You need to have good critical thinking skills and well-established priorities to be able to distinguish the difference between “Important Messages” and “Unimportant/irrelevant noisy distractions.”
- If you don’t learn to tune out those unimportant/noisy distractions, you will not be able to accomplish your long-term goals.

Puzzle Hunt – Lecture: Points of the Exercise

- Life is full of choices – fun, work, school, unpleasant things, relaxing, socializing, etc.
- How you choose to spend your time today will determine your tomorrow.
- Time is one resource, which can never be replaced.
- If you were able to finish this project because of priority setting and time management, then you will be able to finish your journey because of priority setting and time management.
- What is so important to you that you would be willing to make sacrifices to receive it?
- If you were willing to invest time, energy and money into starting this journey, then is it a priority in your life?

**After The Lecture:**

**Which concepts were easy for you to understand and why?**

---

---

**Were there any concepts that were difficult for you to understand? Why?**

---

---

Which concept was most personally meaningful to you? Why?

---

---

Before the lecture, you were asked, “What feelings do you associate with that memory?” **How are those feelings being impacted by what you have learned from the lecture?**

---

---

**Test your understanding:**

**What is the main point of this assignment?**

---

---

**Why were you expected to do this exercise?**

---

---

**What type of person would need to do this exercise?**

---

---

**How well do you fit the profile of the person for whom this assignment was created?**

---

---

**Reflection:** *(Write down your response after completing this assignment.)*

Puzzle Hunt – Lecture: Points of the Exercise

---

---