A Not-so-Trivial Pursuit: Using Trivia Games for Social-Emotional Learning

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Who am I?

I’m Dr. Matt Zakreski, everyone calls me “Dr. Matt”

I’m a clinical psychologist, professional speaker, and neurodivergence advocate

I’m known as someone who marries clinical practice and neuropsychology to help people develop skills to live better lives
Goals for Today

1. Develop an understanding on how trivia can serve gifted/2e learners in building social-emotional skills

2. Workshop how to implement trivia games to test the skills of gifted/2e learners

3. Take the time to process potential challenging moments and develop skills to overcome/navigate them
My Trivia Story

TRIVIA TEAM

ASSEMBLE
You know a lot of things
You often like to share how much you know
You may often be competitive and good at winning
You likely can think and process quickly
The Weaknesses of Being Gifted/2e

- You may be emotionally very intense
- You may have lower or less consistent resiliency
- You may struggle to connect with your peers
- You may struggle with teamwork
Experiential Learning

• Not all things can be effectively taught didactically – SEL is #1
• There is power of doing *in vivo* learning (and intervention)
• Real experiences better connect the skills we have developed to the moments to use them
• Gives more insight into how to use things and how it feels to do so
• Naturally pushes back on black-or-white thinking
Why Trivia?

- It’s like exercise for the mind – works on strengthening the intersection of the frontal cortex and the hippocampus.
- Natural way to gain new knowledge while also recalling old information.
- Fun! Lots of dopamine involved in playing trivia games.
- Lower stakes than tests, quizzes, or formal competition.
- It’s a sneaky way to practice study skills.
- An organic way to practice SEL skills, including cognitive flexibility and resiliency.
Why Trivia for Gifted/2e Kids?

- You can’t know everything about everything – yes, I promise.
- What do other people know that you don’t? Cognitive Flexibility and Theory of Mind
- Repeated, meaningful challenge
- Opportunities to practice winning and losing
- Promotes leadership and teamwork
- The role of luck – trivia isn’t about what you know; it’s about how lucky you get (we must let go of some control)
Questions to Consider

- Do you roll dice or go one question at a time? [https://www.calculator.net/dice-roller.html](https://www.calculator.net/dice-roller.html)
- Teams or individuals? If teams, how many per team?
- What do you do with someone who wants to quit during the game?
- What do you do with someone who initially doesn’t want to play?
Guidelines

• Setting expectations
• Following the rules
• Don’t answer other peoples’ questions
• How you talk to your teammates (volume)
• How you talk to other teams (be kind or be quiet)
• Cheating
Traditional Trivia Questions

- See attached sheets
- Vertical thinking – what do you know, and can you retrieve it?
- Processing speed
- Collaborating and communicating with others
## Categories

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>ELA</td>
<td>English/Language Arts – books, authors, stories, grammar, etc.</td>
</tr>
<tr>
<td>GB</td>
<td>Grab Bag – can be anything!</td>
</tr>
<tr>
<td>Sc</td>
<td>Science – biology, astronomy, physics, chemistry, etc.</td>
</tr>
<tr>
<td>PC</td>
<td>Pop Culture – TV, movies, Netflix/streaming, comics, YouTube, etc.</td>
</tr>
<tr>
<td>H</td>
<td>History – US government, world wars, anthropology, leaders, flags, etc.</td>
</tr>
<tr>
<td>M</td>
<td>Math – famous mathematicians, concepts, theorems (not problems!)</td>
</tr>
<tr>
<td>BoD</td>
<td>Bridge of Destiny – Backwards questions, looking for a category</td>
</tr>
</tbody>
</table>
Traps

**BOMB** – If you get this question wrong, you lose a turn

**SPRING** – If you get this question wrong, you go back to start

**BRIDGE OF DESTINY** - you must get the question next to the Bridge correct and then you are on the Bridge until you get the question right
For every group that makes it to the Finish Circle, they will have to answer one more question to win.

Another group will pick their category of question (not the question itself).

If you get the question wrong, nothing happens (you can try again next round).

If you get the question right, you win!

If more than one team wins, repeat the final process until one team is the winner.
Other Ways to Play
Abstract Questions

• Testing the ability to form connections and relationships between objects or concepts

• For example:
  • If Hammer: Nail, then Screwdriver is to ______?  
    • A. Wrench  B. Lugnut  C. Screw  D. Tack
  • If Superman: Lex Luthor, then Spider-man is to ______?  
    • A. J. Jonah Jameson  B. Felicia Hardy  C. Kingpin  D. Otto Octavius
  • If New York Giants: Lombardi Trophy, then Detroit Redwings is to _____?  
    • A. The Stanley Cup  B. Larry O’Brien Trophy  C. The Commissioner's Trophy  D. Bill France Cup
  • If Florida: The Sunshine State, then New Hampshire is to ____?  
    • A. The Garden State  B. The Empire State  C. The Show-Me State  D. The Ocean State
### Word Puzzles

<table>
<thead>
<tr>
<th>Code</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>57HV</td>
<td>fifty-seven Heinz Varieties</td>
</tr>
<tr>
<td>BR31F</td>
<td>Baskin-Robbins 31 Flavors</td>
</tr>
<tr>
<td>7WOTW</td>
<td>Seven Wonders of the World</td>
</tr>
<tr>
<td>101D</td>
<td>101 Dalmatians</td>
</tr>
<tr>
<td>ABAT40T</td>
<td>Ali Baba and the 40 Thieves</td>
</tr>
<tr>
<td>12AM</td>
<td>12 Angry Men</td>
</tr>
<tr>
<td>D500</td>
<td>Daytona 500</td>
</tr>
<tr>
<td>I500</td>
<td>Indianapolis 500</td>
</tr>
<tr>
<td>SWAT7D</td>
<td>Snow White and the Seven Dwarves</td>
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More resources

• https://ischoolconnect.com/blog/top-reasons-why-quiz-games-are-beneficial/
Questions?

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References