



Meet The Professor Video Script



Meet The
Professor

Remember that our human brain has Myg, Buster, and Ms. Hipp. And the thing that makes us different from Mr. Mouse is that we have a really big thinking brain, so we don't have to just react to everything in our environment, we get to make choices.

Making choices is so important, that we have a special part of the brain in charge of coming up with possibilities and weighing the options so we can make the BEST choice.

This part of the brain is called **the prefrontal cortex**, and it's located right behind your forehead. We'll call it **The Professor**.

So, what is the best choice? It's the one that gives us **the ultimate reward**. Sometimes the ultimate reward, which involves thinking about the future, is different than **the immediate reward**, which is what would feel good right now.

Myg and Buster live in a **NOW bubble**. They care about getting what they want right now.

For Myg, the immediate reward is to use fight, flight or freeze to avoid uncomfy things.

For Buster, the immediate reward is to use grab-and-gulp to get awesome things.

Sometimes, seeking an immediate reward right now leads to negative consequences in the future. Sometimes avoiding an uncomfy moment right now can lead to a more uncomfy moment in the future, and grabbing something that seems awesome right now might keep us from getting something that is even more awesome in the future.

The professor's job is to figure out what choice right now will lead to the ultimate reward in the future.

So how does he do this? The Professor looks into the future to help us figure out what we are working towards; he identifies **the goal**.

Ms. Hipp reminds the professor how things went in the past.

Together they figure out what we know from the past, and what we want in the future, to identify **options** for what we could do right now in order to get the ultimate reward.