## Teacher Answer Key

**Case Study**

1. Jenna struggled without the external pressures of grades and deadlines, which is common among high-achievers who rely on structure for motivation.

2. By creating her own goals, she found purpose and motivation, boosting her mental health and providing a sense of accomplishment similar to academic success.

**Multiple Choice**

1. D

2. B

3. A

**Matching**

1-D, 2-E, 3-B, 4-C, 5-A

**Fill-in-the-Blank**

1) summer slide (or: learning loss), 2) Intrinsic motivation, 3) sleep

**Short Answer (Sample Responses)**

Q1: Incorporating fun yet educational activities—like reading clubs, interactive museum visits, or math-based games—can combat summer slide without replicating rigid classroom environments.

Q2: Intrinsic motivation comes from personal interest or enjoyment, whereas extrinsic motivation depends on external rewards like grades or praise. Summer's freedom from tests and deadlines makes it easier to explore genuine passions.

Q3: Establishing a regular sleep schedule supports physical health, cognitive function, and emotional balance. Irregular or poor sleep can exacerbate stress and hinder overall well-being during break.