



O'level

Foundation

Week 13

The Write Tribe

THEORY TEST

Click the correct answer. 2 marks each.

QUIZ TIME!

1. What is dopamine

- a. a hormone that regulates sleep
- b. a protein that informs the brain about ambient light
- c. a stress hormone
- d. a chemical responsible for happiness

2. What is cortisol?

- a. a hormone that regulates sleep
- b. a chemical responsible for happiness
- c. a stress hormone

3. What is instant gratification?

- a. Willing to work hard and be patient for a reward
- b. The desire to get rewards immediately

4. What is Hebb's law?

- a. If you don't practice, you will forget what you have learnt
- b. Once you learn something, you will always remember it

5. What is the hypothalamus in the brain for?

- a. pleasure center of our brain (reward center)
- b. responsible to trigger the fight or flight response

6. What is the brain's rational part called?

- a. amygdala
- b. prefrontal cortex

7. The ____ and ____ ensures you don't repeat a painful lesson again!

- a. amygdala, orbitofrontal cortex
- b. prefrontal cortex, limbic region
- c. amygdala, prefrontal cortex

8. What are the 3 styles of learning?

- a. Auditory, Visual and Kinetic
- b. Auditory, Magnetic and Kinaesthetic
- c. Auditory, Visual and Kinesthetic



9. What 4 are the brain's happy chemicals?

- a. Dopamine, Oxygen, Serotonin, Endorphins
- b. Amygdala, Oxytocin, Sara's Not In, Endorphins
- c. Dopamine, Hypothalamus, Serotonin, Orbitofrontal cortex

10. Rank Maslow's hierarchy of needs from bottom to top of the pyramid

- a. Safety, love and belonging, physiological needs, self-actualization, esteem
- b. Physiological needs, safety, love and belonging, esteem, self-actualization
- c. Esteem, physiological needs, love and belonging, self-actualization, safety

11. What is neuroplasticity?

- a. The brain's malleability to change through growth, learning and reorganization
- b. The brain's rigidity to learning new things. Once something is learned, it cannot be changed.

12. Stress and abuse produces more _____?

- a. Dopamine
- b. Vasopressin
- c. Cortisol



13. What is the prefrontal cortex for?

- a. Fight or flight response
- b. Making decisions

14. I love monitoring every activity of my child. I ensure her timetable is filled with activities that will help develop her. I am a _____ parent.

- a. free range
- b. helicopter

15. What is the mirror neuron system responsible for?

- a. imitate the person in front of us unconsciously
- b. helps us reflect about our own behaviour

16. We absorb the moods of people we surround ourselves with.

- a. True
- b. False

17. What is social proof?

- a. People of the same group think and act alike
- b. The phenomenon where we copy actions of others thinking it is the correct way to behave in a given situation



18. Groupthink means _____

- a. We think a behaviour is abnormal if everyone is doing it
- b. We think a behaviour is normal if everyone is doing it

19. “I believe what happens in my life is a result of my own behaviour. I control my destiny!” I have an _____.

- a. external locus of control
- b. internal locus of control

20. Individuals with an _____ are more likely to resist pressure to conform or obey.

- a. external locus of control
- b. internal locus of control

21. Which one is responsible for automatic behaviour?

- a. Amygdala
- b. Basal Ganglia

22. _____ and _____ are cuddle hormones.

- a. Serotonin and Dopamine
- b. Oxytocin and Vasopressin
- c. Oxytocin and Dopamine



23. At which age does the rational part of the brain develop?

- a. 21 years old
- b. 25 years old

24. What does Hebb's law state?

- a. Neurons that fire together, wire together
- b. Neurons that wine together, dine together

25. How many days does it take to build a habit?

- a. 20 days
- b. 21 days

