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 fight 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

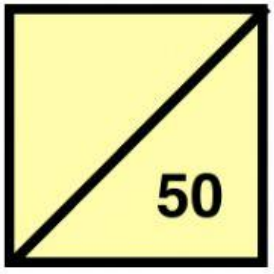
b. 25 years old

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