

Mindful Continuing Education

Fostering Brain Health Throughout the Lifespan

1. At what age does the brain stop fully developing?

- A. 18
 - B. 20
 - C. 23
 - D. 25
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2. What is not recommended for brain health during pregnancy?

- A. Prenatal vitamins
 - B. Sleep
 - C. Aloe Vera supplements
 - D. Folic acid
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3. Why is it important for parents to know about developmental milestones?

- A. They help to indicate if children are developing typically
 - B. Because parents must recognize that all children develop at the same time, and if not, there is something wrong
 - C. They determine what parents should do more to support their child's physical and emotional health
 - D. It helps them to understand that challenging behaviors during development are an indication of developmental delay
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4. By four months most babies should do all but the following. Which does not belong?

- A. Cry when people stop playing with them
 - B. Hold their head up
 - C. Pass items between their hands
 - D. Smile spontaneously
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5. The brain consists of how many main parts?

- A. 2
 - B. 3
 - C. 4
 - D. 5
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6. The temporal lobe is responsible for what?

- A. Personality**
 - B. Judgment**
 - C. Body movement**
 - D. Understanding language**
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7. The cerebellum is responsible for all but one. Which does not belong?

- A. Vision**
 - B. Balance**
 - C. Coordination**
 - D. Posture**
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8. Which of the following defines molecular neuroscience?

- A. the study of how brains compute and function**
 - B. researches the role of molecules, genes, and proteins concerning the functioning of the nervous system**
 - C. seeks to understand the relationship between the brain and the body functions**
 - D. focuses on the disorders of the nervous system and how to prevent them.**
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9. Which of the following is NOT true?

- A. Communication between nerves over time is not as effective`**
 - B. Inflammation increases over time**
 - C. Older adults are still able to learn new skills, form new memories, and improve their vocabulary and language skills**
 - D. Blood flow in the brain Increases with time**
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10. The future of neuroscience must focus on all of the following but one. Which does not belong?

- A. Inclusivity**
 - B. Classroom implementation**
 - C. Sales and business**
 - D. Courtroom implementation**
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11. What percentage of the brain is made of water?

- A. 25%**
- B. 50%**
- C. 75%**

D. 100%

12. There are approximately how many BILLION neurons in the human brain?

- A. 300**
 - B. 900**
 - C. 100**
 - D. 200**
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13. Which of the following is a myth about the brain?

- A. 10% of the brain is the only part that is used**
 - B. When awake, the brain powers 12-25 watts of electricity**
 - C. The brain does not feel pain**
 - D. Short term memory lasts 20-30 seconds**
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14. Normal aging of the brain can be attributed to all of the following but one. Which does not belong?

- A. Reduction in brain mass**
 - B. Thinning of the brain surface over time**
 - C. Fewer chemical messengers**
 - D. Growth of white matter**
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15. Which of the following is the most common form of Dementia?

- A. Lewy body dementia**
 - B. Alzheimer's disease**
 - C. Vascular dementia**
 - D. Frontotemporal dementia**
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16. Which of the following statements is not true?

- A. Medication can help slow down the progression of dementia**
 - B. Individuals who have a strong routine are more comfortable when they have dementia**
 - C. Dementia can be cured**
 - D. Caregivers should engage patients with dementia in activities**
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17. Which of the following is not a behavioral effect of a traumatic brain injury?

- A. Aggressive behavior**
- B. Self-soothing behavior**
- C. Impulsiveness**

D. Irritability

18. How many billions of dollars are spent every year in trauma related healthcare and loss of productivity in employment related to trauma?

- A. 200-300**
 - B. 300-400**
 - C. 400-500**
 - D. Over 600**
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19. Which of the following is not a strategy for optimizing brain health?

- A. Completing educational games and puzzles daily**
 - B. Regular exercising**
 - C. Regular sleep**
 - D. Maintaining blood pressure**
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20. Mental health professionals should do all of the following but one for their patients to promote brain health. Which does not belong?

- A. Providing psychoeducation**
 - B. Recommend supplements such as Ginkgo biloba**
 - C. Case management**
 - D. Developing cross-system teams**
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