

# Mindful Continuing Education

## Fostering Brain Health Throughout the Lifespan

1. What age does the brain stop fully developing?

- A. 22
  - B. 23
  - C. 24
  - D. 25
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2. What is not recommended for brain health during pregnancy?

- A. Prenatal vitamins
  - B. Sleep
  - C. Substance use
  - D. Folic acid
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3. Why is it important for parents to know about developmental milestones

- A. It indicates if their children are developing typically
  - B. It indicates that they should do more to support their child's emotional health
  - C. It indicates they should do more to support their child's physical health
  - D. It is not essential
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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 him/her/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**
- 

**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 impelementation**
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**11. What percentage of the brain is made of water?**

- A. 25%**
  - B. 50%**
  - C. 75%**
  - D. 100%**
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12. There are approximately how many BILLION neurons in the human brain?

- A. 300
  - B. 900
  - C. 100
  - D. 200
- 

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. Calming behavior
  - C. Impulsiveness
  - D. Irritability
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**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. Using substances**
  - 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. Administering IQ tests**
  - C. Case management**
  - D. Developing cross-system teams**
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