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%

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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

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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. 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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