

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
-

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
-

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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