

THE BRAIN - *History Channel Special*

https://youtu.be/8tSsc0kTf_o

1. What does the brain control?
2. As humans have evolved, how much have our brains grown?
3. What is the oldest part oldest part of the brain?
4. Who else shares this part?
5. What is the “first floor” of the brain?
6. What is it important for?
7. What is one of our primal emotions?
8. List some of the ways fear affects the body:
9. Why would it be beneficial for someone to be able to control their brain’s response to fear?
10. How big is the frontal cortex (if you unfolded it all out)?
11. What is processed in the frontal lobes?
12. What are some of the primal fears, or super fears, that humans have a hard time overcoming?
13. When we run out of air (when underwater) the amygdala tells the brain to do what?
14. What stress hormones are sent into the body by the amygdala?

15. What are TWO of the 4 techniques used to help Navy Seals? How does each work?

Technique	How it works

16. What stops the novice jumper from taking the leap? Why?

17. Why do some people take more risks than others?

18. How many people, according to scientists have psychopathic tendencies?

19. How do psychopaths' brains react to getting things wrong?

20. What do we know about communication between parts of a psychopath's brain?

21. How are white collar psychopaths' brains(ones who cheat people out of money) different from serial killer brains?

22. Why do we have memory?

23. How much memory can the brain store?

24. Where is sight processed?

25. What is the key for storage and retrieval of memories?

26. What does it mean that the brain has plasticity?

27. What percentage of elite performance relates to brain functioning?
28. What part of the brain benefits the most from practice?
29. How many hours of deliberate practice does it take to achieve expert levels of skill?
30. What is performance anxiety?
31. What is an excellent example of a sport where performance anxiety can be clearly seen?
32. What does it mean to be in “the Zone”?
33. Has ESP been scientifically proven to be part of our brain functioning?
34. What are some of the unanswered questions about the brain?