

ALPHABETICAL BRAIN™ VOCABULARY HUMANIST FAMILY BRAIN STUDY

THE 10 BRAIN FACTS QUIZ WITH QUESTIONS AND ANSWERS February 1, 2017

SELF-QUIZ PART 1: To reinforce the ten fundamental functional brain facts for storage in your long-term memory's consolidation system, (located in your hippocampus) you can begin thinking about the **ANSWERS** to the following **TEN QUESTIONS**. Think about the **ANSWERS** until they are easy to recall with your working memory's prefrontal cortex which is located in your prefrontal cortex (**PFC**).

Each time you reinforce the connection between the questions and answers, you will be forwarding new signals to new neurons generated by the memory consolidation system in your long-term memory.

Hint: Discover the pattern of the questions for quick feedback by knowing that the 10 answers are in *reverse order* of the 10 questions. This knowledge can help you to spend more time reinforcing the connections because all of the data is in front of you with easy access to both the questions and the answers.

- (1) What neuronal pathways can get entangled or obstructed and cause the fatal Alzheimer's disease or other dementias by blocking neuronal signaling from the brain's prefrontal cortex and other parts of the cerebrum?
- (2) What brain structure controls your feelings if you know the proper knowledge about the way your brain functions?
- (3) For you to be aware of your self and able to think, your prefrontal cortex must be connected to what communication module in your left temporal lobe and also your hippocampus at the bottom of your limbic system in both hemispheres?
- (4) What process gives you the ability to learn new words and to expand your neuronal database of facts and ideas about the meaning of life?
- (5) In what brain structure are the four triggers of your long-term memory resources, which include the semantic, episodic, autobiographic, and procedural (or muscle) memory circuits?

(6) What is inside your anterior cingulate gyrus that connect your prefrontal cortex and hippocampus to make possible your ability to think and make decisions?

(7) What are the two central neuronal control hubs, located at the front of your cerebrum's two prefrontal cortices (about one inch behind your forehead) that provide your sense of self or self-identity?

(8) What brain structure, located in the forward part of your cerebrum, is the executive decision-maker of your life?

(9) What is the major brain structure that is the largest and the newest to have evolved and that has become the intellectual control center of human life?

(10) What is the result of the global connectivity of all the neuronal pathways and all the neuronal signaling processes in your brain and nervous system?

Note: To remember the ten fundamental brain facts for future quick recall and use, you can review the following list of **TEN BRAIN FACTS** (ten declarative statements).

SELF-QUIZ PART 2:

Hint: To enhance the memorization process, you can *print* this pdf file. However, actually *writing the names* of the ten brain facts on paper or copying the two lists of questions and answers by handwriting on blank pieces of paper can improve the efficiency of your multi-sensory immersion learning process (writing to remember) and speed the production of new memory molecules in your hippocampus.

[1] Your consciousness and self-awareness are the result of the global connectivity of all of the neuronal pathways and all of the neuronal signaling processes in your brain and nervous system.

[2] The physical structure of your cerebrum is the largest and newest region of your brain to have evolved and it has become the intellectual control center of human life.

[3] The physical structure of your prefrontal cortex, located at the forward part of your cerebrum, is the decision-maker of your life.

[4] The two central neuronal control hubs, located at the front of

your cerebrum's two prefrontal cortices (about one inch behind your forehead) provide your sense of self or self-identity.

[5] Your ability to think and make decisions depends upon having healthy neuronal pathways inside your anterior cingulate gyrus that connect your prefrontal cortex and hippocampus.

[6] The four triggers of your long-term memory resources, which are located in the physical structure of your hippocampus, are the semantic, episodic, autobiographic, and procedural (or muscle) memory circuits.

[7] Your brain's neuroplasticity gives you the ability to learn new words and to expand your neuronal database of facts and ideas about the meaning of life every day.

[8] For you to be aware of your self and able to think, your prefrontal cortex must be connected to the language module in your left temporal lobe and also your hippocampus at the bottom of your limbic system in both hemispheres.

[9] The source of your thoughts, which is your cerebral cortex, can control the source of your feelings, which is your limbic system, with the proper knowledge about the way your brain functions.

[10] When the neurons in the pathways of the anterior cingulate gyrus get entangled or obstructed, neuronal signaling from the prefrontal cortex to the hippocampus can become blocked and cause the fatal Alzheimer's disease or other dementias.

These ten fundamental brain facts can become a solid intellectual foundation for organizing your mind's mental force.

You can master the complete sequence of these **10 BRAIN FACTS**, and also the **15 FUNCTIONAL BRAIN IDEAS** described in the **Humanist Family Brain Study file** and in the **15 Brain Flash Card files**, by using this same memorization method along with the brain flash cards.

In addition, there will be more details and references about your brain that can be purchased from the **Alphabetical Brain™ App** very soon.