

## Why is learning about Neuroscience and Behavior important?

For each chapter, you will tell me why learning about the chapter is important.

- (1) Pick a specific psychological concept.
- (2) Describe and/or define the psychological concept
- (3) Describe an example of that psychological concept. You cannot use an example from class or the textbook.
- (4) Why is learning about Neuroscience and Behavior important? What is the change in thinking or behavior?

Based on your example, do one of the following for part (4):

- a. Describe how learning about this psychological concept changes how you think about yourself.
- b. Describe how learning about this psychological concept changes how you think about others.
- c. Describe how learning about this psychological concept changes how you think about the world around you.
- d. Describe how learning about this psychological concept can be used in your personal life.
- e. Describe how learning about this psychological concept can be used in your potential career.
- f. Describe how learning about this psychological concept can avoid an important misunderstanding
- g. Describe how learning about this psychological concept can be used to address a social issue or public policy.

### Constraints:

- Work in groups of one (by yourself), two (one partner) or three (two partners). One page per group with all your names on it.
- You can answer a question more than once as long as your examples are qualitatively different.

### Grading:

- Each set of response (items 1-4 in the box) is worth up to two points to a maximum of six points. Therefore, you must answer at least 3 to earn a maximum of 6.

1. Concept 2. Definition 3. Example 4. Change in thinking or behavior
--

2 points

1. Concept 2. Definition 3. Example 4. Change in thinking or behavior
--

2 points

1. Concept 2. Definition 3. Example 4. Change in thinking or behavior
--

2 points

- You may choose to provide more than 3 examples to earn 6 points through partial credit.
- I do not have a formal due date for these. However, you should
  - Do at least one before the exam.
  - Do NOT wait until week 9 or 10 to start. All work is due Friday at noon of week 10.

Bad	<ul style="list-style-type: none"><li>• Learning about the Biology and Behavior can help me as a nurse.</li><li>• Learning about Neuroscience and Behavior can help me lead a healthier lifestyle.</li><li>• Learning about how neurotransmitters influence communication in the brain can help me how other people behave.</li></ul>
Okay	<ul style="list-style-type: none"><li>• Learning about Biology and Behavior can help me lead a healthier lifestyle. For example, it is important to know how <u>alcohol affects</u> different brain structures such as the <u>cerebellum</u>.</li></ul>
Better	<ul style="list-style-type: none"><li>• Learning about Biology and Behavior can help me lead a healthier lifestyle. For example, it is important to know how <u>alcohol</u> promotes the production of the neurotransmitter GABA, which is an inhibitory neurotransmitter.</li></ul> <p>Therefore, my balance and coordination is inhibited when it affects the cerebellum, and I should not go ice skating or clean the roof for fear of falling down when I have been drinking alcohol.</p>

Another way of thinking about these questions is to imagine that you had a “twin” who didn’t read this chapter. Will the two of you think differently about the world?