What is neuroplasticity

- A. A type of medication for neurological disorders.
- B. A form of alternative medicine for mental health.
- C. The brain's ability to reorganize itself by forming new neural connections.
- D. The study of the brain's physical structure.

At what age does the brain reach full maturity

- A. 30
- B. 25
- C. 18
- D. 21

What role does myelination play in brain development

- A. Myelination has no impact on brain development.
- B. Myelination helps to increase the speed and efficiency of neural communication in the brain.
- C. Myelination is only important for peripheral nerves, not the brain.
- D. Myelination slows down neural communication in the brain.

How does early childhood experiences impact brain development

- A. Early childhood experiences have no impact on brain development.
- B. Early childhood experiences can impact brain development through nurturing, stimulation, and exposure to new experiences.
- C. Early childhood experiences only impact physical development, not brain development.
- D. Brain development is solely determined by genetics.

What is the critical period hypothesis in brain development

• A. A theory that emphasizes the importance of adult supervision in brain development.

• B. A theory that suggests there is a specific window of time in which a child must learn a skill or behavior for optimal development.

• C. A theory that suggests all skills can be learned at any age.

• D. A theory that states brain development is not influenced by timing.

What is the difference between the prefrontal cortex and the limbic system

• A. Prefrontal cortex controls executive functions, limbic system controls emotions

• B. Prefrontal cortex is responsible for emotions, limbic system controls decision making

• C. Prefrontal cortex is part of the limbic system, limbic system controls motor functions

• D. Prefrontal cortex is located in the brainstem, limbic system is located in the cerebellum

How does nutrition affect brain development in children

• A. Nutrition has no impact on brain development.

• B. Nutrition provides essential nutrients for brain growth and function.

• C. Eating sugar helps with brain development.

• D. Protein is not important for brain development.

What is the impact of stress on brain development

• A. Negative impact on brain development

• B. Positive impact on brain development

• C. Neutral impact on brain development

• D. No impact on brain development

What are the benefits of physical activity on brain development

• A. Improves cognitive function and memory

• B. Has no impact on brain development

- C. Causes brain damage
- D. Reduces brain function

How does sleep affect brain development in adolescents

- A. Sleep is important for brain development in adolescents.
- B. Sleep only affects physical development in adolescents.
- C. Sleep has no impact on brain development in adolescents.
- D. Sleep can hinder brain development in adolescents.

What is the relationship between genetics and brain development

- A. Genetics play a significant role in brain development
- B. Genetics only affect physical characteristics, not brain development
- C. Brain development is solely determined by environmental factors
- D. Brain development is not influenced by genetics

How does exposure to environmental toxins impact brain development

- A. It has no impact on brain development.
- B. It has minimal effect on brain development.
- C. Environmental toxins can impair brain development.
- D. It boosts brain development.

What is synaptic pruning and why is it important in brain development

- A. Process of eliminating weak or unnecessary synapses, important for efficient brain function
- B. Strengthening synapses for better memory
- C. Removing neurons from the brain
- D. Adding new synapses for faster thinking

What are the effects of technology on brain development in children

- A. Stunts growth
- B. Can improve cognitive skills
- C. Causes ADHD
- D. Decreases intelligence

How does bilingualism affect brain development

- A. Enhances cognitive functions
- B. Causes confusion
- C. Stunts brain growth
- D. Decreases intelligence

What is the role of executive functions in brain development

- A. Executive functions help regulate behavior and cognitive processes
- B. Executive functions control breathing and heart rate
- C. Executive functions are responsible for vision and hearing
- D. Executive functions determine hair and eye color

How does socioeconomic status impact brain development

- A. All individuals have the same brain development regardless of socioeconomic status.
- B. Brain development is only influenced by genetics.
- C. Socioeconomic status can impact brain development through access to resources and opportunities.
- D. Socioeconomic status has no effect on brain development.

What is the difference between sensitive periods and critical periods in brain develo

• A. Sensitive periods are only found in adulthood, critical periods only occur in childhood.

• B. Sensitive periods are not important for brain development, critical periods are crucial.

• C. Sensitive periods are windows of time when the brain is particularly receptive to certain types of stimuli, critical periods are fixed windows of time when specific experiences are necessary for development.

• D. Sensitive periods are longer than critical periods.

How does trauma impact brain development in children

• A. Trauma accelerates brain development in children.

• B. Trauma has no impact on brain development in children.

• C. Trauma only impacts physical development in children.

• D. Trauma can disrupt normal brain development in children.

What are some strategies for promoting healthy brain development in early childhoo

• A. Limiting social interactions

• B. Exposing to harmful substances

• C. Encouraging sedentary behavior

• D. Provide a stimulating environment