

**The human mind and how to make the most of it:
Personality - ANSWERS**

1. Our personality makes us who we are.
2. Around 5000.
3. Neurones.
4. What we are born with and what we experience during our life.
5. conception / parents'
6. introverted or extroverted.
7. Physicists, the lab coats, introverts / holiday camp reps, the red coats, extroverts.
8. Saliva.
9. Introverts.
10. 8 meters / 16 boxes
11. 12 metres / 24 boxes
12. introverts / extroverts
13. introverted

Veronica West and Family

14. That they become kind. She is encouraging a kind personality.
15. By the way she plays with and the children.
16. Repeated experiences lay permanent routes in our brains, forming an aspect of our personality.
17. When a child has a new experience neurones make connections which form pathways which affect how the child behaves throughout life.

The Story of Shaun Wheeler

18. He has a very short temper, gets angry easily, and is constantly losing control.
19. She thinks Shaun will be a bad role model for their son.
20. He will see a rage psychologist to try to alter the way his emotions work.
21. Shaun's amygdala acts up too easily.
22. The frontal lobes are the control centre. If he can utilise his frontal lobes he may be able to control his anger.
23. Getting the frontal lobes to overrule his amygdala.
24. When we are young children our control over the amygdala is limited. Lack of self control makes children cranky, and throws tantrums.
25. The frontal lobes are the conductor, when the frontal lobes are in control, the orchestra plays a nice melody. Young children can not conduct themselves well because their frontal lobes are not developed enough to keep the rest of the brain in check.

The Resisting Temptation Experiment

26. If the children do not eat their favourite sweet placed in front of them for 5 minutes they get three sweets when the experimenter returns.

27. Two thirds of the children could not resist the sweet in front of them, because their frontal lobes had not developed enough to control temptation.

The Story of Shaun, continued

28. Angie does not think Shaun has changed at all after the first week.

Adolescence

29. It is puberty!
30. They are known to be insensitive and socially awkward.

The Experiment

31. The younger participants have not yet reached puberty.
32. How quickly each group can recognise other people's emotions, the fastest correct answer wins.
33. No.
34. The results found the older children were slower at judging emotions, which explains insensitivity as a characteristic of the teenage personality.
35. During puberty the brain is making new connections which do not have specific functions, so signals get disrupted and confused. These disruptions make it difficult for teenagers to understand others' feelings. Too much is happening in the frontal lobes, which leads to confusion, frustration and mood swings.
36. Risk taking. Taking risks gives a surge of dopamine which leads to an instant high. The more risks you take as teenager the less sensitive to dopamine you become which in turn creates a need for higher stimulants as an adult in order to experience a similar high.

The Identical Twins

37. Music and films
38. To read a set of words which trigger emotions in the brain.
39. Serotonin.
40. An increase of serotonin creates a feeling of happiness; reducing serotonin by reading sad words creates sadness.
41. A good way is to watch how people shop. Good moods show that people buy more, visit more shops and spend more than usual.
42. No.

The Story of Shaun, continued

43. If his heart rate increases but he shows no outward emotions of anger then the tests have worked.
44. Shaun passed the test; his brain does seem to have changed.