

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

1. What makes us who we are?
2. How many characteristics do scientists believe there are to the human personality imbedded in our brain?
3. The biggest influences on personality are at the tiniest level, what are these building blocks of cells called?
4. Our personality is shaped by a combination of what two factors?
5. Personality begins to form almost at the moment of _____, when we inherit a combination of our _____ personality characteristics.
6. Lemon juice can be used to discover whether we are _____ or _____.
7. What 2 groups of people attract the extremes on the personality scale?
8. The challenge tests how much _____ the 2 teams can produce, and how many boxes they can seal with it.
9. The results show that the _____ are quick lickers
10. The extroverts licked _____ metres, _____ boxes
11. The introverts licked _____ metres, _____ boxes
12. The results show how the brain handles stimulation, for _____ the area is very sensitive to juice and not to parties, for _____ it is not so sensitive to juice but they love to party.
13. The less tape you can lick the less of an _____ person you are.

VERONICA WEST AND FAMILY

14. What does Veronica hope for her children?
15. How can she shape how the children's minds and personalities develop?
16. How are the paths formed in the children's brains?
17. Constant growth of a child's brain is shaped by what goes on around her and how she reacts to it. How does this happen?

The Story of Shaun Wheeler

18. Shaun risks losing everything because of which aspect of his personality?
19. Why is Angie concerned about Shaun's behaviour?
20. What is the new approach Shaun has agreed to try?
21. What is the problem?
22. Which part of the brain is the control centre?
23. What is his main task?
24. Why do toddlers have little control over any of their emotions?

25. How is our brain like an orchestra?

The Resisting Temptation Experiment

26. What is the experiment?

27. What are the results?

The Story of Shaun, continued

28. What does Angie think about Shaun's progress?

Adolescence

29. During childhood our ability to control the brain is improving, then at the end of childhood something happens and sends us way off course. What is it?

30. Puberty has a dramatic effect on our mind. Adolescents are known to have what characteristics?

The Experiment

31. Taking part in the experiment are 20 children. The red shirts are 10 years old. The Yellow shirts are a bit older. What is the crucial difference?

32. What is the challenge?

33. Does older mean wiser in this case?

34. What did the results find?

35. What is happening in teenagers' frontal lobes?

36. What is one characteristic that may develop during the teenage years?

The Identical Twins

37. As adults frontal lobes take in control, the mind plays as harmoniously as an orchestra. It is possible to alter personality in the short term. Psychologists have found a powerful way to: change your mood. What do the psychologists use to alter the moods of the twins?

38. What is the most powerful way to alter mood?

39. What is released in the brain which alters moods?

40. What does increasing serotonin by reading positive, uplifting sentences create?

41. What is a good way to judge mood and personality?

42. Does mood manipulation affect personality in the long-term?

The Story of Shaun, continued

43. How will they measure if Shaun has the balanced personality that he wanted?

44. What are the results?