

PSY-140 H3

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Module 2 Reflection

The brain is comprised of two hemispheres, connected by the colossus coliseums, with several mirrored lobes on each side. The prefrontal cortex controls high level thought, executive planning and decision making functions. The parietal lobes match to a variety of body sensory input. The temporal lobes compute spatial awareness and connection body functions to the prefrontal cortex. The occipital lobes control vision, the medula and brainstem control many lower bodily functions, the brain also stores the thalamus, and many other glands.

The endocrine system is slower means of our brain and body's communication, this form taking place with chemicals and substances produced in a variety of glands and released into the blood stream to later affect a wide variety of bodily functions, such as adrenaline being released to raise the level of awareness of an entire body, while other more direct functions of the brain will prepare a person to begin to move.

Although the brain can be damaged permanently, it also shows the capability of repair, called plasticity. Plasticity allows the brain to 're-wire' it's functions to other parts of the brain than which are normally observed. This has occurred in extreme and minor cases. Another form of plasticity is when we cause our brain to learn. The process over time will develop more neural pathways in the areas of the brain being used more often.

In the same way that genetics lets us see and analyze physical traits, emotional and behavioral elements may also be tracked genetically in some populations. Long term studies may show correlations of behaviors within familiar groups.

Sensation is the initial requirement. Sensation can be described by our body detecting energy from the world through its skin, eyes, ears, nose, and mouth. Pressure, temperature, chemical

taste, chemical smell, sound waves, and light waves can all be detected by the human senses via a wide system of different cells and systems for each type of energy. Perception is the process by which our brain absorbs all the information collected by the senses and forms our collective point of view on the world around us.

Consciousness is the state of being alert, aware and reactive to the world around us.

Sleep is the absence of consciousness, the period in which we stop responding and reacting to the world. During sleep our brains generate and regenerate connections and associations, this process may be experienced as dreams by some people. Other people often wake from sleep with emotions, yet no recalled dreams. Not all sleep contains dreams and dreams are not limited to sleep.

Hypnosis is an extreme form of intrapersonal interaction usually with two people, the hypnotist and the hypnotized, it can also be performed one to many, with any number of people to be hypnotized. It is commonly known that humans can and do have subconscious effects on other humans via eye contact, touch, and speech among the other senses as well. Studies are out on the causes and effects, however there has been substantial correlation shown when people want to develop or eliminate personal behaviors.

Taken together I think the concepts of perception and consciousness are most important, as that is the basis of how we perceive and understand the world around us. In this chapter, I learned that I'm glad I'm not in biology class and I hopefully won't be quizzed on the brain parts, however I'm glad I learned many functions of the brain can be rerouted with plasticity. In this module, I learned that it is much easier to lead into an easy victory than to delay and risk critique. I learned much more about the brain than I have ever been formally taught before, and it was nice to have a common groundwork connecting the individual pieces that I have studied. Though it was only touched on, I am most interested in learning more about studies involving the "Theory of Mind", and any possible effects that a person might experience when those functions have been taken over by other parts of the brain, via plasticity.

Depending on how the the quizzes go, I may hope that the section on memory tricks to absorb more information would be handy.