

# STRUCTURES AND ACTIVITIES OF THE BRAIN

Prefrontal Cortex sets goals,  
makes plans, directs action,  
shapes emotions

Anterior Cingulate  
Cortex steadies  
attention, monitors  
plans, integrates  
thinking & feeling

Insula  
interoception,  
"gut" feelings,  
empathy

Corpus  
Callosum  
bundle of  
fibers passing  
info b.w  
hemispheres

Thalamus  
relay station  
for sensory  
info



Hippocampus  
forms memories,  
detects threats

Basal Ganglia Involved  
w/ rewards, stimulation  
seeking, movement

Amygdala responds to  
emotionally charged stimuli,  
esp. negative ones

Hypothalamus regulates  
hunger & sex, activates  
pituitary gland

Pituitary Gland master gland  
of all glands secreting  
hormones in the body