

Reflection

Understanding the Brain & Understanding Emotions & Feelings

1. What are 3 key concepts or ideas that you took away from the ***Understanding the Brain*** excerpt? Why are these relevant and meaningful for you?
2. What are 3 key concepts or ideas that you took from the ***Understanding Emotions & Feelings*** excerpt? Why are these relevant and meaningful for you?
3. Why is it important with **Emotional Intelligence** to understand how the brain functions and how emotions/feelings operate and impact us?
4. Do you have any questions or additional thoughts you would like to share?